



SHADES of Scarlet



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Quill 2003



East High School
815 East 13th Street
Des Moines, Iowa 50316
(515) 242-7788

...For the Service of
Humanity

Student Life 4

People 14



Organizations 84

Academics 196

Sports 138

Shades of Scarlet

52



Shades

OF Scarlet

Story & Design By: Stacy Knight

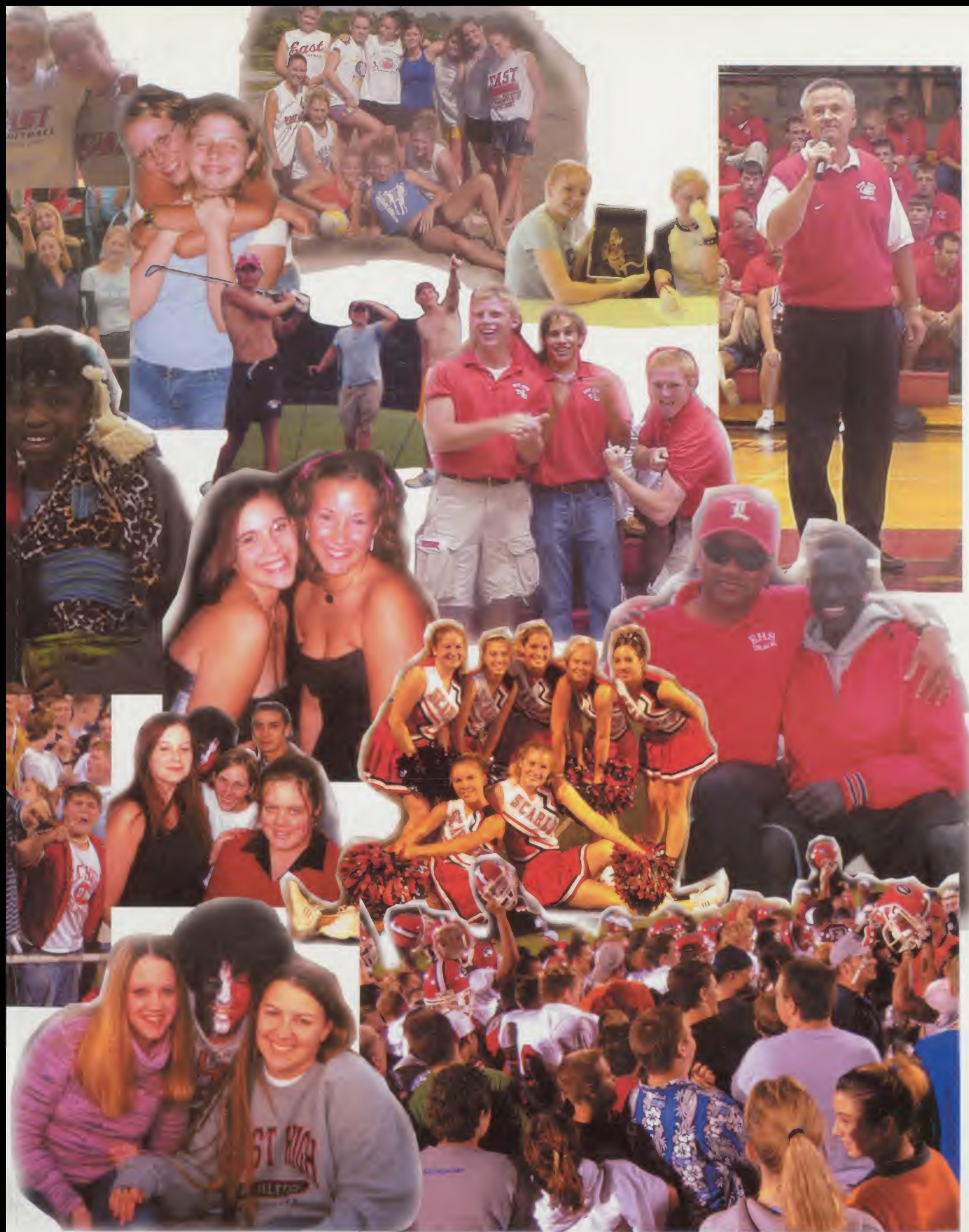
East can no longer be thought of as an average school on the east side, but more a school of champions, for within its walls are state titles, city championships, world division medals and the key to the future. Performance groups, organizations, athletes, academic leaders, and fans mingle through the day, not judged by what they do, but what they contribute.

Describing us is a challenge — average, scholarly, witty, funny, hard-working, talented, optimistic, achieving...different. In the hallways, individuality is present and diversity is our strength.

We wanted a theme that would speak both to the students and to the community, one that would have meaning and flare.

“Shades of Scarlet” says it all — the multiple shadings of our spirit, our diversity, our passion, and our pride. As you flip through the pages of this book, think of what our school means to you and what you mean to East High.





Open*Ng MoNtAge



The diversity in the students of East, and in all the ways they spend their time in and out of school, is the variety that makes up the multi-hued EHS community. Whether at camp or at a contest, students are always going to extremes, sometimes without recognition, never quitting after the bell rings.

STUDENT life



Setting the Tone

With all the excitement that comes from being in organizations, sports, and academics, students can express themselves and fully live the Scarlet Way. Life is often crazy, but the students hold it all together and create the real image of East, the one seen throughout the world.

This division is devoted to the students and their ideas, lives, and uniqueness — the many shadings of our Scarletness.





...by Shannon Michelsen



Time, persistence, will, and heart were the crucial factors that made the 2002 Alumni Banquet a success, not unlike previous years. This annual ceremony is a prestigious event that takes place in the month of May and countless volunteers help "put on the show."

"We usually start in January to go over the many meeting details," said Alumni President **John Kelly**. "Several sub-committees are involved in everything from scholarship considerations to flower corsages to how many turkey versus ham sandwiches to make."

A lot of early planning and detail go into each banquet and the turnout seems to make it worthwhile.

"There were about 1,200 people," said Kelly. "Seems like it takes a couple decades after graduation for the average alum to start coming."

With so many guests, seating becomes an issue, although the volunteers did an excellent job of making do.

"Most of the seating is on the floor of the gym and the rest sit in the cafeteria. The graduates sit together by their class," said mathematics teacher **Linda Nemmers**. "In order to sit in the gym, you

must have graduated a certain number of years ago."

The usual schedule of the ceremony begins with live entertainment, normally a group of choir members. Then everyone sits as a family to enjoy a meal.

"Most purchased a lunch from the cafeteria," said Nemmers. "Some brought dinners from fast food restaurants."

The presentation of scholarships is on the program. According to EHS Alumni Foundation Scholarship Chair **Courtney Green**, about \$66,550 was given away this year through 52 scholarships.

"Every year is great," said Green. "I don't know of any other alumni foundation that is so dedicated. They do such a good job of donating money."

It is obvious that this event holds a place in many people's hearts and the work that goes into it is a loyal and committed effort.

"East students are a proud and loyal group," said Kelly. "There's no way they can now realize what a unique lifelong heritage they are beginning. Someday they'll find out."

"I don't know of any other alumni foundation that is so dedicated."

- Alumni Foundation Chair
Courtney Green



scholarship winners lined up as they were introduced to the alumni. Approximately 52 scholarships were given to East students.



East alum **Heston Clark** gives his speech in honor of receiving one of the distinguished awards. Clark also spoke as class president at the ceremony.



An alum from the class of 1919 sits to enjoy the ceremony and shares a meal with her former classmates.



He said She said

"Do you plan on being a committed alum?"



“Yes, when I earn my millions I’m going to buy a whole wing of this building and name it after myself.”
- Senior Jeremiah Vincent

“Definitely, I love East High and my kids will go here too!”

- Senior Kellie McFadden



These students are being presented for their leadership and commitment in their years at East.



...by Stacy Knight

Sitting in class, senior **Tisha Rivas** often spent the last few minutes of fourth hour looking through her latest *Cosmopolitan* magazine. As she flipped through the pages she was bombarded with numerous ads on fashion and articles on the hottest trends. Scoping out what's hot, she made a mental list of what to get next time at the mall...only to find out in next month's issue that her hip new outfit was overrated; a new fad arose and the game went on.

This constant fashion fiasco plays on every day for teens. Magazines spend millions of dollars trying to stay up on the hottest ideas in clothing, hair, make-up, cars, shoes, and music. But the fact is, the system will never stop changing.

"It's sometimes funny to see what trend is going to hit big," said the fashion director, Regina Teplitsky, in a recent article in *Seventeen* magazine. "It really seems to be a continuous cycle repeating itself every 20-30 years. It's basically the same idea with a new edge."

This year seemed to be no different. Last spring, peasant tops, lacy shirts, faded jeans and wide belts hit the runway, by fall that was what all the girls were wearing. The guys' style has also changed in the past few years. They've traded in the baggy, extreme-sagging look with chains for a more conservative look of polo tops, ribbed turtlenecks and comfortable jeans.

Whether it's a day at school or a night out on the town, looking good is important. We took a closer look inside East High's style file to see just how students ranked.





He said She said
Worst trends ever



Shoulder pads in women's clothing. What were they for anyway?
~Senior Gabe Hibben

Spandex pants with scrunchy socks and long shirts with a belt! (I can't believe I wore that!)
~ Junior Nikki Cockerham



Comfortable and casual was the key to looking great this year. "Clean and comfortable is my motto," said freshman Chris Bennink. Pictures show some hot styles at The Gap.

Style File : A look at today's hottest trends

Showing some hot trends: 1 Adidas Superstars are one of the many hot shoes found on teen feet today. 2 Narrow, wide, classic and flashy... belts are the new craze & the must-have accessory for all outfits. 3 & Peasant tops, faded jeans and fur are hot styles on teens today.



Why stop with good when you can look great! Girls around East show their artistic flair with bangles and bracelets.





...by Valerie Blackford



Waking up at 11 a.m. on June 10 senior **Danny Lint** rolls out of bed and feels sort of rested, but then he realizes there is nothing to do, so he hops back into bed for another hour or two.

"For the first week of summer all I did was catch up on sleep," said Lint. "My junior year really wore me out."

Pools and lakes were over-filled with the usual number of people. Many went boating, jet skiing, swimming, or just laid out to soak up the sun. Then to relax at night many went camping. The retreat was in order to get away from parents or to just hang out with friends.

"I went camping with some of the upper-classman. It was fun because we went boating, then came back and cooked out," said sophomore **Luke Ericson**.

Many took up summer jobs that consumed a lot of their time. The hours varied from ten to forty or more hours a week. Most say the reason for working during the summer was to save up for college or to pay off a car, cell phone bill, or pay for car insurance.

"I liked working during the summer because I had the easiest job and I got a lot of money," said senior **Ashley Tappan**.

During the summer is when many school programs could plan camps. Sports programs went in order to help them get into better shape and be better athletes. Also some organizations went to camps to learn skills.

"The funniest part about football camp was Carl," said senior **Neil Hall**. "He always walked in our room because he wanted to watch movies with us, we don't even know if his real name was Carl."

To keep busy over the summer some Scarlets had parties or attended them. Most of them were in the evening, with no adults. Some of them were cliquey, but most welcomed everyone.

"The best part of my summer had to be the parties, and just hanging out with my friends," said senior **Megan Logan**. "We are all going to be going off to college soon, so I have to get in as much time with them as possible."





aiting in the heat, senior **Emily Brandt**, takes a load off while anticipating seeing her favorite artists at Sweet Stock this summer in Council Bluffs. Nelly and the St. Lunatics were some of the many artists that performed.



hile on a retreat for Upward Bound in Kansas City, seniors **Felicia Wagner** and **Ao Vang** participate in a hotel floor party. For this event, each floor had a different dress-up theme.

Hot Spots

Your friends house

At work

Parties!!!

At the lake

Camping with friends

Went to camp

Hanging out at Loco Joes

Going to local concerts

The Iowa State Fair

fter much anticipation, junior **Thyta Inthavong** gives birth to her daughter, **Khaila**, on August 1st. Resting on her raft, junior **Amber Heath** (above left) takes a break at the lake. At left, junior **Amanda Vuth** visits the Tropical Forest at the Omaha Zoo.



...by Heather Kilby

It was a typical Monday morning and senior **Valerie Blackford** rolled out of bed bright and early and ready for the school day ahead. She got dressed, put on her make-up and realized that her hair was just not messy enough, so she messed it up a little more and off to school she went.

Most students wouldn't dare leave their hair looking so terrible, but Blackford had nothing to worry about because it was homecoming week and the day's theme was Wacky Hair Day.

"My hair was very poofy and everyone said that I looked like a cavewoman," said Blackford. "It was fun seeing all of the wacky hairdos and it was also fun to see everyone's reaction to mine."

The week was full of new and exciting dress-up days, for Blackford and other Scarlets, including Famous Couples Day on Tuesday, Twin Day on Wednesday, Las Vegas Day on Thursday, and the traditional Spirit Day on Friday.

Saturday, the students were dressed in their fancy clothes while playing cards, dancing, and celebrating Las Vegas style.

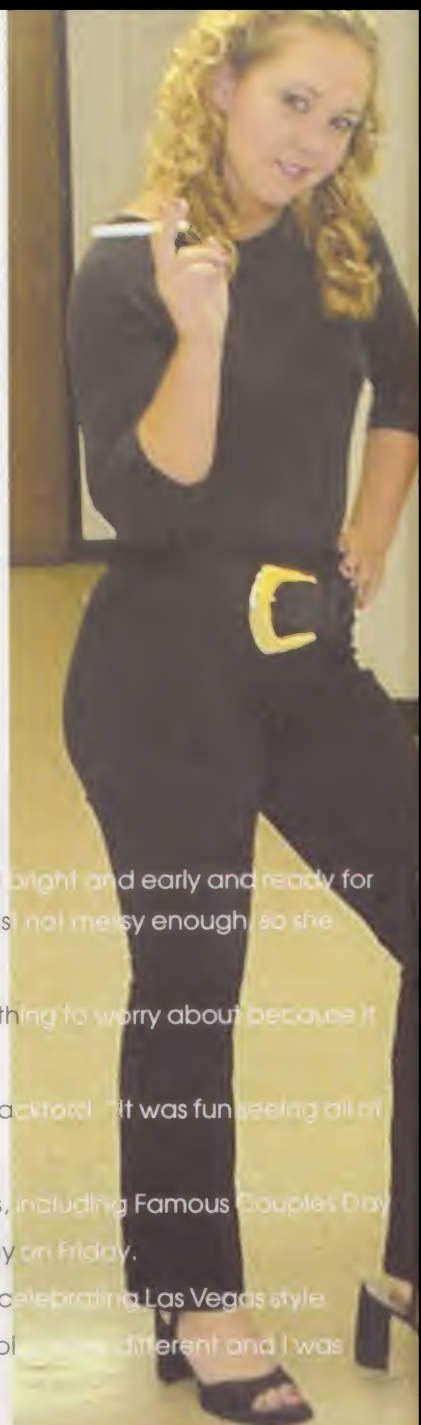
"I think that the week was full of good ideas," said senior **Amy Heggen**. "All of the topics were different and I was excited to see all of the outfits and people enjoying themselves at school."

Each day, the students that dressed up had a chance to be judged by the vice-principals to see who won for the best dressed. Sophomore **Ashlee Peterson** won for best wacky hair, seniors **Ross Loving** and **Chelsea Pickett** won for best famous couple as Marilyn Monroe and JFK, seniors **Blackford** and **Emily Brandt** won for best twins, seniors **Shannon Michelsen** and **Stacy Knight** won on Las Vegas Day and junior **Nick Anspach** won on Spirit Day.

"I thought that we really did a good job with making sure everything looked perfectly the same," said twin Brandt. "I was excited to be the winner, but (George) Davis forgot to introduce us at the assembly."

The assembly was held on Friday during 6th and 7th hour as usual. It started off with the jazz band playing the National Anthem and the football team was introduced. Winners of the week's dress-up days were presented and Principal Lee took his victory lap on the spray-painted lawnmower while being pushed by senior football players Garrett Hagins and Mike Chumbley. The assembly ended after the homecoming court was introduced and seniors Holly Hedberg and Scott Phaydavong were crowned king and queen.

"I was completely shocked and ecstatic," said Hedberg. "That was one of the best days of my life. I felt like I was dreaming and I still cannot believe it, it felt wonderful."





Always willing to participate, seniors **Chelsea Pickett** and **Shannon Michelson** imitate Marilyn Monroe and Sandy from Grease. The theme was Famous Couples Day.



-Senior Marcus Nece

He said she said

My favorite was Spirit Day because the spirit of our football game was unbelievable and everyone was so into red and black.

Famous couples day was fun because there was such a variety. I saw students dressed like Marilyn Monroe and JFK. Hey, I even saw the tortoise and the hare.



-Freshman Alyssa Heggen



ROSS HESSELTINE



Varsity Volleyball
See-reading squad



Jeremiah Vincent
and stage light

A collage of 15 photographs of students from East High School. The photos are arranged in a grid-like fashion. Top row: a portrait of a young man, a portrait of a young woman, a group of three young women, and a portrait of a young woman. Second row: a portrait of a young man wearing sunglasses and a baseball cap, a group of four young women, and a portrait of a young man in a black 'EAST HIGH' jersey with the number 12. Third row: a portrait of a young woman wearing a camouflage hat, a portrait of a young woman with dark hair, and a portrait of a young woman with glasses. Fourth row: a portrait of a young woman lying down, a portrait of a young woman, and a group of five young women, one of whom is wearing a white 'EASTSIDER' sweatshirt. Bottom row: a group of five young women in black and red patterned tops, and a portrait of a young man in a white shirt.

Taking a look beyond the Scarlet face

In the eyes of every student, teacher, parent, and alum is a vision of a diversified, yet unified *shade* of the school. The spirit of the school coming from the students is a strong *Scarlet* tradition that has held true over many years.

Behind every student's face, there is something you can't see...their academic record, their contributions, the activities they were involved in, and their pleasures. But there's one thing you can see, the *Scarlet* pride in their smile. Look inside...



Seniors

"Sooner or later we all discover that the important moments in life are not advertised ones...not the birthdays, the graduations, the weddings, not the great goals achieved. The real milestones are less prepossessing. They come to the door of memory unannounced...stray dogs that amble in, sniff around a bit and simply never leave. Our lives are measured by these memories past. Don't ever doubt our friendship will last." *Susan B. Anthony*



ALEXANDER, DARRIN
ALLISON, MEGAN
ARMINTROUT, AMANDA—Cheerleaders 1-8; Sr. Board; SG 7-8.
AUDLEHELM, KYLE



BAKER, ERICA—PEP 1-2, DMACC
BALES, JUSTIN—Debate 1-4; RIP 1-4; Swimming 1-8.
BETTIS, JEFFREY
BLACKFORD, VALERIE—AL; Class Officer 7-8 (Sec.);
Wrestling Mgr. 3-4; PEP 1-6; Quill 3-8; Sr. Board;
SG 7-8; Happy Campers 5-8. UI



BLOUNT, JAMES
BOLANDER, ADAM
BOTTIS, AMANDA—AL; AD 5-8; NHS 7-8; Orchestra 1-8; SS;
SB 1-2; Spanish Club 3-4; Chamber Orchestra 3-8.
BRANDT, EMILY—AL; Cheerleaders 1-8; Mimes 5-6; OA 5-8;
PEP 1-8; Spanish Club 3-4; Sr. Board; SG 7-8.



ABBREVIATIONS

AIB.....	AMERICAN INSTITUTE OF BUSINESS
AL.....	ACADEMIC LETTER
BPA.....	BUSINESS PROFESSIONALS OF AMERICA
CB.....	CAREER BEGINNINGS
DMACC.....	DES MOINES AREA COMMUNITY COLLEGE
FCA.....	FELLOWSHIP OF CHRISTIAN ATHLETES
ISU.....	IOWA STATE UNIVERSITY
JA.....	JUNIOR ACHIEVEMENT
JROTC.....	JUNIOR RESERVE OFFICER'S TRAINING CORPS
LC.....	LEADERSHIP COUNCIL
NCYL.....	NATIONAL COUNCIL ON YOUTH LEADERSHIP
NH.....	NEW HORIZONS
NHS.....	NATIONAL HONOR SOCIETY
OA.....	OFFICE/LIBRARY AIDE
PEP.....	PEP "E" CLUB
SB.....	SCIENCE BOUND
SG.....	STUDENT GOVERNMENT
SS.....	SCARLET STANDOUT
TS.....	TALENT SEARCH
UB.....	UPWARD BOUND
UI.....	UNIVERSITY OF IOWA
UN.....	UNITED NATIONS
UNI.....	UNIVERSITY OF NORTHERN IOWA

BROWN, MARK

BUDD, BRANDY —AL; Basketball 1-8; MSC 7-8, NCYL 7-8; NHS 7-8 (SEC); PEP 7-8; Softball 1-8; Sr. Board; Track 1-8; Volleyball 1-8. Grand View College

BURGETT III, ROBERT

BYRD, TIFFANI —AL; Cheerleaders 3-4; Equip. Mgr. 1-2; Golf 5-8; Key Club 3-4; OA 3-4; PEP 5-8; SS; Sr. Board; SG 7-8. Grand View College

BYRKETT, AMANDA

CAMPOS- ANDERSON, DANIELLE —Color Guard 7-8; PEP 1-6; Prep Choir 1-2; RIP 7-8; SB 1-8; Soccer 3-4; Swimming 5-8; Volleyball 1-4.

CARLSON, HEATHER

CARTER, STEPHANIE —AL. Mixed Choir 3-4; OA 1-2; Orchestra 1-8; PEP 7-8; Quill 5-6; Sr. Board; SG 7-8. Kirkwood

CHUMBLEY, MICHAEL —Baseball 1-8; Basketball 1-6;

Football 1-8; PEP 1-8; SG 7-8. Grand View

CIRKSENA, JACOB

CLARK, KELLY —Quill 3-8; PEP 1-8; Wrestling Mgr. 3-6; Happy Campers 5-8. DMACC

COE, VERONICA

COLEMAN, ASHLEY
 CONN, SETH—AL; Prep Choir 1-2; Chamber Choir 3-8; NHS 5-8,
 MSC 7-8; Quill 5-8 (Org. Editor 5-6, Co-Editor 7-
 8); NCYL, ISU
 CONSTABLE, JUSTIN
 COOPER, ERIC



COWLEN, ASHLEY
 COZAD, STEPHANIE—AL; Basketball 1-6; Softball 1-8; PEP 7-8;
 Volleyball 1-6; Track 1-2, 5-6; NHS 5-8; Sr. Board;
 NCYL
 CRANE, MATHEW
 DALRYMPLE, TIFFANY—AL; LC; OA 1-3; PEP 1-4; Softball 1-4;
 Swimming 1-8, DMACC



DAN-DUKOR, BARIVURE ELIZABETH
 DAUGHLARTHY, MATTHEW
 DAVIS, JOSHUA—Home Remodeling 5-8; Wrestling; 1-8.
 DELIC, JASMINA



DIAZ, JOSEPH
 DITTRICH, BRIAN
 DOANE, JEFFREY
 DOCKUM, RYAN



DORRIAN, PATRICK
 DOTSON, KURTINIA
 DYER, JESSICA
 EDWARDS, RACHEL—Color Guard 3; Mimes 5-6; Orchestra 1-8;
 School Play 3-6; Bowling 3-8.





ELLIS, JOSHUA
 EMERY, MICHELLE—Cheerleader 1-4; OA 5; PEP 1-8; Quill 5; Sr.
 Board; Steppers 7-8; UN Trip. Mercy
 EZZIO, ADAM—Chamber Choir 3; Drama 3-8; LC; Mimes 5-8;
 PEP 5-8; Photojournalism 5-8; RIP 5-8; Sr. Board;
 Theater Arts 7-8; Voices of Change 3-8; IHSSA 7-8.
 FARGO, DUSTIN



FISHER, DUSTIN
 FLAHERTY, SCOTT—AL; Basketball 1-8; Soccer 1-8; Cross Country
 1-8; Prep Choir 1-2; Chamber Choir 3-6; Scroll 5-8;
 Sr. Board; NHS 5-8; NCYL.
 FORTUNE, JAMES
 FORTUNE, MICHELLE



FOSTER, MARK
 FREDERICKSEN, MOLLY—AL; Cheerleader 1-8; Equip. Mgr. 4,6,8;
 French Club 3-4; 7-8; OA 5-8; PEP 7-8; Prep Choir
 1-2; Sr. Board; SG 7-8; UN Trip.
 FREEMAN, CHARLES
 FUDGE II, RAYMOND



GOFF (BECK), LISA
 GOODS, RACHEL—PEP 1-4, 7-8; Sr. Board; College Bound. ISU
 GRAEVE, JARED
 GRAHAM, SHAWN—PEP 1-2; Key Club 1-2; RIP 7-8;
 Wrestling 2, 4-8.



GREENE, SIRINA—Mixed Choir 3-4; SDS 5-8.
 GREENLY, RICHARD—AL; Football 3-8; Soccer 5-8; Bowling 5-8.
 GRIMES, CORY
 GROVER, EMILY

HALL, NEIL—Debate 4; Football 1-8; LC 1-8; SB 1-8; SG 7-8;
Track 1-8; Happy Campers. ISU
HALL, TYLER—AL; Debate 3-5; Color Guard 5-8. ISU
HARRILSON, LOREN—Football 1-6.
HAYGOOD, DANTE



HEATH, RYAN
HECKATHORN, TARRY
HEDBERG, HOLLY—Art Club 6; Key Club 1-6; OA 3-6; PEP 3-8;
Quill 3-8 (Copy Ed.); Sr. Board.
HEGGEN, AMY—AL; Cheerleaders 1-8; French Club 1-8 (Pres.);
Graphic Tech 3-4; OA 5-8; PEP 7-8;
Sr. Board; SG 7-8.



HESSELTINE, ROSS—AL; Chamber Choir 3-8; Gospel Choir 3-6;
Prep Choir 1-2; Swimming 1-8 (Capt.);
Jazz Choir 1-2.
HIBBEN, GABRIEL—Baseball 1-4; Basketball 1-8; Class Officer 7-8
(Pres.); Cross Country 1-2, 5-6; Football 3-4, 7-8;
PEP 1-8; Scroll 3-8 (Copy Ed.); Sr. Board;
Track 1-8; Math Club 7-8. ISU
HOANG VAN, TINA—BPA 7-8; French Club 1-6; Graphic Tech 1-4;
PEP 1-8. ISU
HOLLEY, TIFFANY—LC; Mimes 3-6; PEP 1-2; Prep Choir 1-2;
School Play 3-6; Soccer 1-8.



HOOD, WILLIAM
HOUSLEY, JACKY
IRVIN, KELLI
JACKSON, SPENCER, CHANEZE—JA 5-6; NH 5-6; OA 7-8;
PEP 7-8; SG 7-8; Volleyball 7-8.



JACOB, SHERLY—AL; Graphic Tech 4; Soccer 1-2.
JENKINS, TYLER
JOHNSON, STACY—AL; French Club 3-4; NCYL; NHS 7-8; PEP
7-8; RIP 4-8; SS; Scroll 5-6; Sr. Board; SG 7-8.
JORDAN, ASHTEN





JORDAN, JADE—RIP 6-7; Soccer 1-2; Volleyball 3.
 JUDKINS, CHRISTOPHER
 KELLEN, JAMIE—AL; Debate 3-5; Color Guard 5-8. ISU
 KEO, LINDA—AL; BPA 7-8; French Club 1-6; Graphic Tech;
 PEP 7-8 DMACC



KERN, AMY
 KEY, JANELLE—Concert Band 1-8; Marching Band 1-8;
 Marketing Sales 7-8.
 KILBY, HEATHER—Basketball 1-4; OA 1-6; PEP 7-8; Quill 3-8;
 Sr. Board; Volleyball; Happy Campers 5-8 DMACC
 KILLINGER, CASSANDRA—Art Club 1-6; BPA 7-8; Graphic Tech 3-4;
 Steppers 5-8; Deaf Club 1-8.



KING, AMANDA—Marketing Sales 1; PEP 1-2.
 KNIGHT, ASHLEY
 KNIGHT, STACY—AL; Cheerleaders 3-8; Concert Band 1-4;
 French Club 1-4; Marching Band 1-4; MSC 5-8;
 NHS 5-8 (Pres.); PEP 1-2, 7-8; Photojournalism
 7-8; Quill 3-8 (Co-Editor); Sr. Board; SG 7-8 (VP);
 Track 1-4, 7-8.
 KNOX, AMANDA—AL; Debate 3-5; Color Guard 5-8. ISU



LARY, AMANDA—Mixed Choir 1-3; Prep Choir 1.
 LATIMER, MATT
 LEO, NICHOLAS
 LEWIS, MATTHEW



LINT, DANIEL
 LOGAN, MEGAN
 LONG, AMANDA
 LOPEZ, ANDREA

LOVAN, KEVIN
 LOVERIDGE, MEGAN
 LOVING, ROSS
 LUNA, FRANCISCO—AL; French Club 3-4; Orchestra 1-8;
 Soccer 2,4,6,8.



MALLETT, MICAELA
 MARKLE, RYAN
 MASON, TROY
 MATLAGE, MOLLY



MC CONNELL, DANIELLE—BPA 5-6; Chamber Choir 3-6;
 Marketing Sales 7; OA 1-7; PEP 1-7;
 Prep Choir 1-2. DMACC
 MCCREA, MATTHEW
 MCCUE, JR., SCOTT
 MCFADDEN, KELLIE—AL; Graphic Tech 4, 6-7; PEP 3-4;
 Softball 1-8 (Capt. 7-8); Sr. Board; SG 7. Track 5-8;
 12B. Grand View College



McFARLAND, DAVID
 MCGHIE, JOSHUA
 McLAUGHLIN, SARAH
 MENDENHALL, MICHAEL—AL; Concert Band 5-8; Jazz Band 5-8;
 Marching Band 5-8; NCYL 7-8; NHS;
 Orchestra 1-8; Scroll 5-8, UI



MICHAEL, AMANDA
 MICHESEN, SHANNON—AL; Basketball 1-4; Cheerleader 5-8;
 Cross-Country 3-4, 7-8; MSC 5-8;
 NHS 5-8 (Treas. 7-8); PEP 3-4; Quill 5-8;
 Softball 1-8; Sr. Board; SG 7-8; Track 1-4, 7-8;
 12B. Grand View College
 MILLER, ASHLEY
 MINTER, DAMIEN





MITCHELL, MATTHEW
 MOODY, JAMES
 MOORE, DERRICK
 MUNIZ, ERENDIRA—Basketball 1-2; Photojournalism 1-2;
 Soccer 1-2; Sr. Board.



MUNOZ, AIMEE—AL; BPA 5; Cheerleader 1-8; Golf 6-8;
 NCYL 7-8; PEP 1-4, 7-8; Volleyball 1-8; 12B.
 MUNOZ, ASHLEY—BPA 5; Cheerleader 1-8; Golf 6; Marketing
 Sales 7; Sr. Board; Volleyball 1-8; 12B.
 NECE, MARCUS—Football 1-8; Soccer 1-8, DMACC
 NEER, SARA—Basketball 1-2; LC; Mimes 5-8; PEP 5-8;
 Photojournalism 7-8.



NISSEN, NATHAN—AL; Cross Country 3-6; Football 7-8;
 Soccer 1-8 (Capt. 7-8).
 O'BRIEN, NEIL
 OCHOA, FABRICIO
 OLSON, ANDREW



PARKS, LUKAS
 PARSONS, MEGHAN
 PATRICK, MICHAEL
 PERBLES, ANDREW



PETERSON, AUSTIN
 PETRIE, PAYTON—AL; Chamber Choir 2-8; Key Club 1-2; Mixed
 Choir 1; MSC 7-8; NCYL; NHS 5-8; OA 3-8;
 PEP 7-8; Soccer 6-8; Sr. Board; Volleyball 1-8.
 PHAYDAVONG, SCOTT—AL; Basketball 1-4; Football 1-8;
 French Club 1-4; NCYL 7-8; PEP 5-8; Sr. Board;
 Track 1-8.
 PHOMVISAY, DIANA

PICKETT, CHELSEA—AL; Cheerleaders 1-8; Golf 5-8 (Capt.);
Graphic Tech 3-8; NHS; Sr. Board; Track 1-4; UN
Trip; Volleyball 1-8; Quill 4-8 (Design Ed.); 12B.
PIPER, JONATHAN—Baseball 1-8; Basketball 1-2; Football 1-8;
PEP 3-6, Univ. of Maryland
PLUMMER, STEPHEN
POLAND, KELLIE—Key Club 1-6; NH 7-8; PEP 5-8.



PORTER, LAURA
POST, MORGAN
RADLEY, ERIC—AD 1-2; Basketball 1-8; Football 1-8; NHS 5-8;
RIP 5-8; Scroll 5-8 (Managing Ed. 7-8).
RAMUS, SARAH



RANKINS, MONTEZ
RAY, JOSHUA
RAYMOND, SARAH—Art Club 4-6; Key Club 1-2; Softball 1-2;
PEP 3-6.
REED, NICKOLAS



REED, VERONICA—Drama Club 3-8; LC; NH 1-4; PEP 3-8; Prep
Choir 3-8; School Play 5-6; Theater Arts 3-8.
RENFRO, GEORGE ANTHONY—AL; Debate 3-5; Color Guard 5-8;
Quill 5-8, ISU
REYNOLDS, DANIELLE
RIES, REGGIE



RIVAS, TISHA
ROBINSON, TELA—Drama Club 3-8; Key Club 3-6; LC; Play
Production 5-8; School Play 5-8; Sr. Board;
Theater Arts 5-8.
ROGERS, KATHERINE
ROSS, MATTHEW





ROTTER, KEENEY
 ROYTMAN, ALEXSANDR—AL; Debate 1-2, Univ. of Chicago
 RUSSELL, JOSEPH
 SANCHEZ, HECTOR



SCHAFF, CRYSTAL
 SCHULZ, BRIAN—Football 1-2; Golf 3-4; Wrestling 1-8, DMACC
 SCOTT, KARDEEA
 SHANAHAN, BRADLEY



SHANDRI, DUSTIN—Basketball 1-8; Chamber Choir 3-8; Prep
 Choir 1-2; Soccer 1-8.
 SHARP, AARON
 SHERIDAN, JOEL
 SHOOTMAN, JUSTIN



SMITH, CRYSTAL
 STANTON, KRISTINA
 STEWARD, KAMAYE
 STROCK, STEVEN—Concert Bands 1-8; Debate 3;
 Marching Band 1-8; Swimming 1-8, UI



STRONG, JAYME
 SUMMY, ALLISON—Color Guard 3-8; PEP 1-4; Sr. Board,
 DMACC
 TAPPAN, ASHLEY
 TAYLOR, ASHLE—AL; Basketball 1-8; OA 4-6; PEP 1-5; SB 1-3;
 Sr. Board; SG 7-8, Grand View College

TAYLOR, EMILY—Key Club 1-2; MSC 3-4; NH 5-8;
PEP 1-4; Sr. Board.

TAYLOR, TIFFANY

THARP, BENJAMIN—Class Officer 7-8 (Treas.);
SG 7-8. Drake University

THORNTON, ADAM



ULMER, AMANDA

UNG, ALEX

VANG, AO—AL; IA 6; Kiwanian; NYCL; NHS 4-8; PEP 7-8; Sr.
Board; SG 5-8 (Pres.); Tennis 4-8; UB 3-8.

VANG, FUECHE—AD 3-4; Orchestra 1-8.



VERTZ, JEREMY

VONGSOUVANH, KEOVILAY—Tennis 4-8.

WAGNER, DEBRA

WAGNER, MARK



WALL, BREANNE

WATLAND, DANIEL

WEBB, AARON

WEBER, ANDREW



WEBER, AMBER

WETZEL, JAYME—AL; Basketball 1-6; MSC 7-8; NHS 7-8;

Orchestra 1-8; Softball 1-6; Track 1-8; Volleyball 1-8.

WHITE, CASS

WHITE, DELORA





WHITING, BRYAN
WIDLUND, ELIZABETH—AL; MCS 5-8; NHS 5-8 (VP 7-8);
PEP 7-8; Softball 1-6; Volleyball 1-8.
WILLIAMS, JASON
WILLIAMS, MICHAEL



WREN, LONNIE
WRIGHT, ROBERT
WYATT, JUSTIN
YORK, BRYAN



YOUNG, JEREMY
ZACHER, ALICIA—AL; French Club 3-4; PEP 7-8;
Scroll 5-8 (Editor 7-8). Drake
ZELENOVICH, JEFFREY—Baseball 1-8; Basketball 1-6; FCA 5-8;
NCYL; NHS 5-8; PEP 7-8; RIP 5-6; Sr. Board.
BRADY, DEREK



HAGINS, GARRETT

SENIORS NOT PICTURED...

ALMITRA-BALLARD, WREN
AVERY, KOREY
BALLARD, MATTHEW
BARLEAN, BRAIN
BASKETT, JERRY
BENG, DARRA
BLAKE, LYNNE
BOETTGER, CLINTON
BONDS, OCTAVIUS
BOYD, ANTHONY
BRILEY, ELIZABETH
BROOKS, CHRISTINA
BROWN, ASHLEY
BROWN, WILLARD
BUNCE JR., GRANT
CALO, DAVID
CARR, MELVIN
CASEBOLT, LIA
CASON, JUSTIN
CAVE, RINA
COCIRAN, DUSTIN
CONN, JONATHON
CORY, ANDREW
DARE, JEFFREY
DOLAN, ERICK
DOMINGUEZ, JOSE
DUENAS, RENE

EATON, GABRIEL
EVANS, RYAN
FIELD, KRYSTAL
FISHER, APRIL
FITCH, RUSTY
FOX, DAVID
GALLEMEYER, ZACHARY
GARDNER, RYAN
GARRINGER, MATTHEW
GLADWIN, NICHOLAS
GLENN, MARKEY
GLICK, STEVEN
GRAVES, JENNIFER
GRIFFITH, MATTHEW
HARKINS, REBECCA
HARRIER, CHRISTOPHER
HARTMAN, BRANDY
HARVEY, JEREMY
HEARD, BRANDON
HERBERT, JOSHUA
HUNSLEY, KENNEY
JENSEN, ANDY
JONES, JOSEPH
KARNS, JAMES
KELLY, ANASTASIA
KIRKPATRICK, BRAIN
LANGFORD, BRADLEY

LAW, MICHAEL
LEANOS, ERIC
LEE, BRIAN
LOGAN, AMANDA
LOVE, JOSEPH
LOY, AMY
MAIER, STEVEN
MAIRE, JOVIELLE
MANNING, TAMMY
MARTIN, JASON
MARTIN, SUMMER
MCKINNEY, JASON
MCNEELEY, LARRY
MIHALOVICH, SHANE
MILLER, ALYSSHIA
MILLER, CHRISTINE
MILLER, DELYNN
MILLER, JOSHUA
MUNIZ, CRISPIN
NEWSOME, EBONY
NGUYEN, VY
NICHOLS, RESSIE
NOBLE, JR., STEVEN
PAPS, PETER
PATEL, AMISH
PHETDAVIENG, AKE
PHONESAVATH, SOMKITH

POWELL, RANDALL
RICHARDSON, JHANA
ROWE, DONALD
RUSHING, ORLANDO
SANDOVAL, ALEJANDRO
SAWYER, RICKY
SMITH, AMANDA
SOUVATRAT, CHANDY
SPARGO, ANDREW
STONEHOCKER, SHAWN
THAMMATHAY, SOMNEUK
TINSLEY, GARRY
TOLSON, SABRINA
TYLER, NATHAN
VINCENT, JEREMIAH
VUTH, EMILY
WAGNER, THERENIA
WATLAND, DANIEL
WATLEY, JOSEPH
WEST, JOSHUA
WILLIAMS, ANTHONY
WORTHINGTON, KRYSTAL
WOXELL, ANTHONY
XAYSANA, INH
ZAMORA, JOEL
ZIGLER, BRIAN



"I'll miss playing sports with my friends, singing with the choir, and all the friends, coaches and teachers that made me smile."

Senior Dustin Shandri

"It was great giving the most memorable speech for 'Treasurer of the Senior Board' in the history of East."

Senior Ben Tharp

"How can I forget playing under the lights on Friday nights...?"

Senior Neil Hall


"I won't miss being occupied with endless deadlines and unbearable amounts of homework. In my opinion high school have been the 'worst four years' of my life."

Senior Tarry Heckathorn

"The teachers have been great and cared a lot about what happened to me. Also, the football players vs. volleyball players game was great!"

Senior Beth Widlund





"My freshman year of high school I didn't know anyone at all, but later I made lots of friends and had an awesome year!"

Senior Ao Vang

"When we did Senior Survivor it brought all of my friends together as a whole. We all had to make tough decisions, but we bonded and shared a once-in-a-lifetime experience."

Senior Aimee Munoz

"I remember coming to East my freshman year and watching our football team lose every game, but over the next four years they improved and reached the peak when they made the state playoffs!"

Senior Scott Flaherty

"My freshman year I painted my face and entire body black and red, then ran around carrying the flag during the homecoming assembly. I fell and bit it in front of everyone! I'll never forget EHS."

Senior Gabe Hibben



Serving up the fun

Football season. Fans are excited, players are pumped, Eastsider beanies are selling like crazy and school spirit is in the air along with, wait... are those shish-kebabs I smell?

They were to a group of devoted fans that made up Tailgating and Associates (T&A), which came together before each game, home or away, to cook out, throw around a few footballs and have fun. But to these students, tailgating is about more than just the game.

"The thing about tailgating is that it's not about food, the game, music or any of that. It's about showing a sense of community between students, something unattached from the faculty," said T&A president senior Gabe Hibben. "I really consider it an honor to be a leader of such a great group."

Tailgating as it is today was established in 1998 by alumni Nate Hibben and BJ VanVleet. When they graduated, presidency was eventually passed to Hibben along with seniors Jared Graeve and Brian Schulz.

Usually starting around 4 p.m. each Friday, lawn chairs and recycled sofas are arranged in a circle around several small camping grills. Students come bearing chips, soda, cheese and meat. Senior Jeff Bettis was one to bring steaks that

made hamburger eaters green with jealousy.

"Early Friday morning I take a huge steak and marinate it all day long. By the time it gets cooked, it's really tender and delicious," said Bettis.

Though hamburgers are usually provided, it's hard to raise funds for supplies, according to treasurer senior Jeremiah Vincent.

"My job usually entails passing around a Quik-Trip cup," said Vincent. "We've collected about 42 cents this year."

Although tailgating brings definite appetite fulfillment benefits, sometimes it gets ridiculed as well.

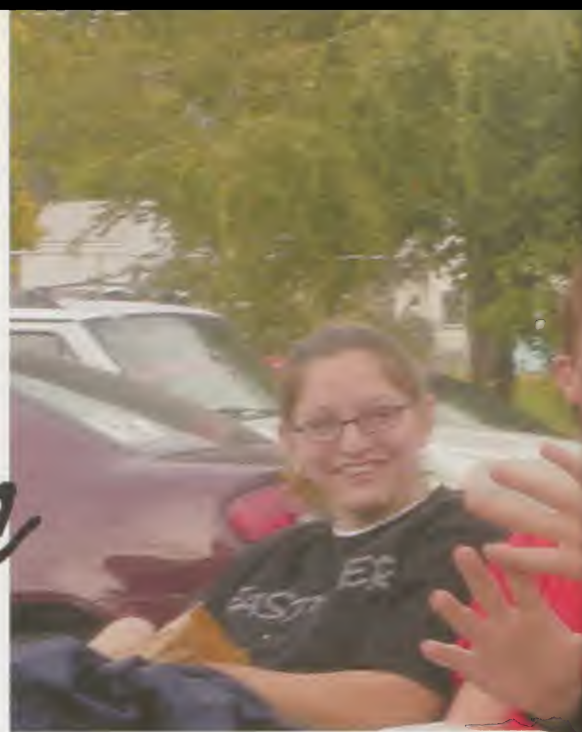
"Some people yelled at us while we were camped out in front of Urbandale before the Dowling game," said Schulz. "I think it means something to the players who know we are out there supporting them and alumni who see us before the game."

Even after two years after these three seniors became T&A leaders, it is uncertain what will happen when they graduate.

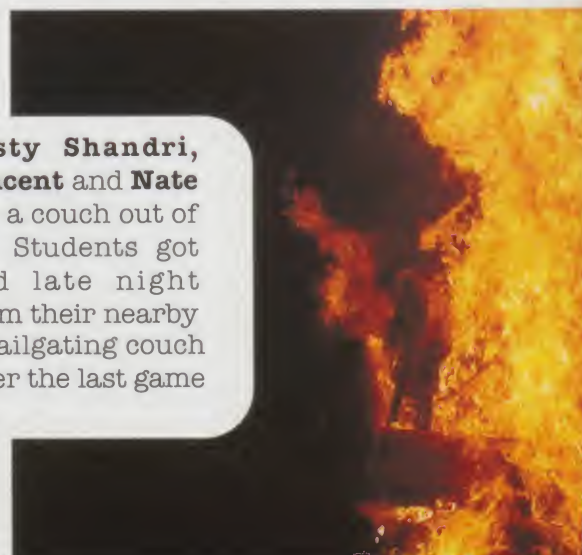
"Right now we haven't decided who to pass the legacy on to," said Graeve. "However, I do believe that some underclassmen will step it up and carry on this great tradition and make our forefathers proud."



eniors **Dusty Shandri, Jeremiah Vincent and Nate Nissen** make a couch out of a tailgate. Students got music and late night electricity from their nearby parked cars. At right, the tailgating couch was ceremonially burned after the last game as many seniors looked on.



unior **Rorrie Nagy**, seniors **Nate Nissen** and **Danny Lint** and junior **Jon Stapes** throw around a football on a recycled couch. Below right, students met outside Williams Stadium starting about 4 p.m. each Friday.

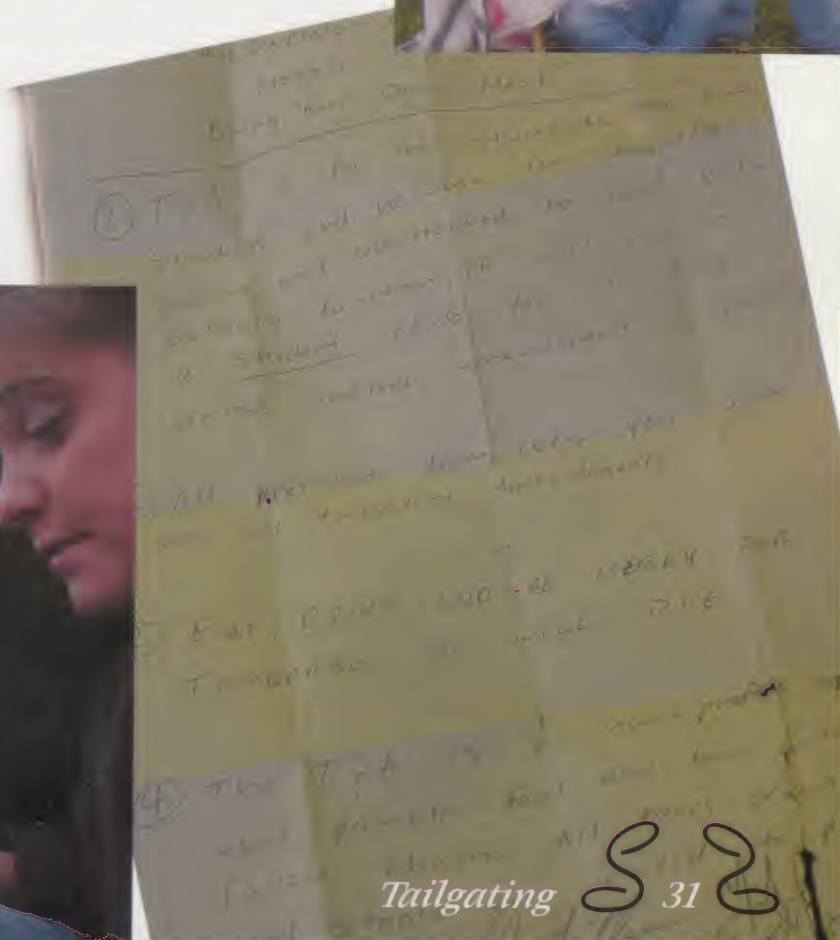




essy eater senior **Jeff Bettis** smiles as he devours a steak (below left). Below right, Presidents seniors **Gabe Hibben**, **Brian Schulz** and **Jared Graeve**, along with treasurer **Jeremiah Vincent**, stand with a home made flag.



ottom left, junior **Ryan Neff** and senior **Aimee Munoz** wait to receive their burgers. Bottom right, the weathered T&A constitution lies in its original form.





AUTOGRA PHS



Seniors 2003



Senior Survey

Think you and your friends have the prettiest hair, the nicest car and the best butt? You voted and these are the seniors who made the cut!



Most School Spirit

Jared Graeve and
Kellie McFadden

Flirts

Adam
Bolander
and Amanda
Armintrout

Suckups

Andrew Olson
and
Stephanie
Cozad

Lowest

Danny Lint and
Ashley Brown

Quietest

Lonnie Wren
and Amber
Weber

Best Hair

Scott Phaydavong
and Sarah Ramus

Nicest Backside

Jeff Zelenovich
and Mandy Ulmer

Best Smile



Jeff Zelenovich
and Beth Widlund

Worst Driver

Jared Graeve and
Jessica Dyer

Most likely to lead a high
speed chase

Jeff Bettis and
Jessica Dyer

Nicest Car

Jack Housley and
Amanda Lary

Ugliest Car



Mike Mendenhall
and
Megan Logan

Minimum Wage For Life

Ben Tharp and
Megan Logan

Rich and Famous...

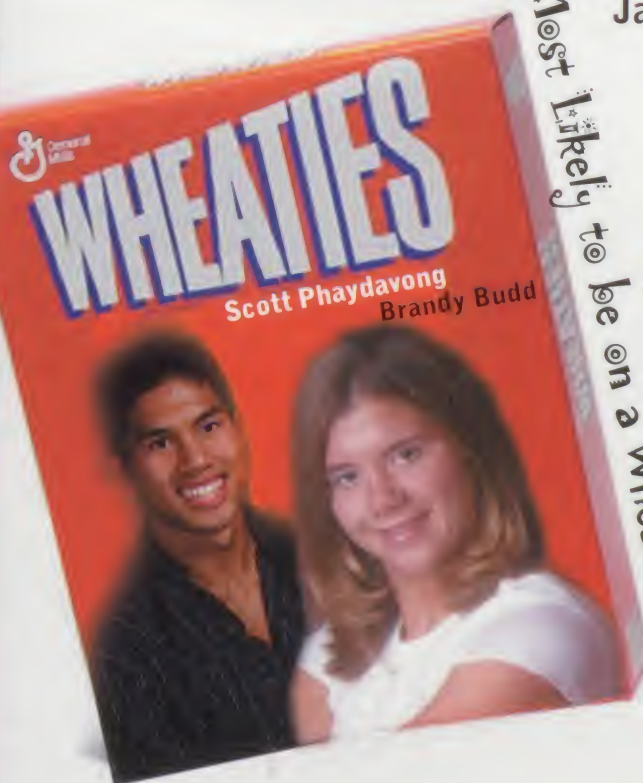
Gabe Hibben and
Valerie Blackford

Most likely to cry at graduation

Alex Ung and
Chelsea Pickett

Biggest Whiners...

Seth Conn and
Stacy Knight



Most likely to be on a Wheaties Box

shades of scarlet '03



design: seth conn

*faces and places
of dear ol' east high...*



CONGRATULATIONS S



**East High
Class of**



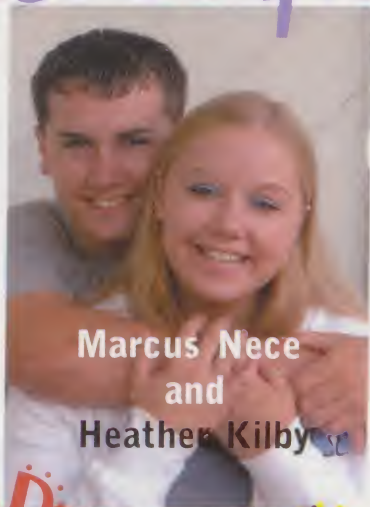
CARLET CLASS OF 2003!



h School
of 2003

Jelesch
© 2002

Cutest Couple

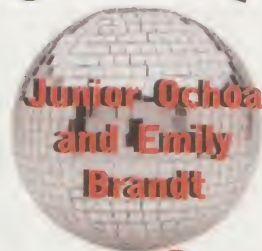


**Marcus Nece
and
Heather Kilby**



**Eric Cooper
and
Chelsea Pickett**

Still Clubbin' at 25



**Junior Ochoa
and Emily
Brandt**

Funniest

**Eric Cooper and
Kellie McFadden**



**Alex Roytman and
Beth Widlund**

Future Mad Scientists

**Tarry Heckathorn
and Brandy Budd**

Best Dressed

**Kyle Audelhelm
and Molly
Fredericksen**

Worst Case of Senioritis

**Dusty Fisher and
Jade Jordan**

Most Dramatic



**Junior Ochoa
and Jovielle Maire**

Most Changed



**Justin Constable
and Emily Brandt**

Biggest Airheads

**Lorren Harrelsen
and Aimee and
Ashley Munoz**

Biggest Attitude

**Mike Chumbley
and Mandy Ulmer**

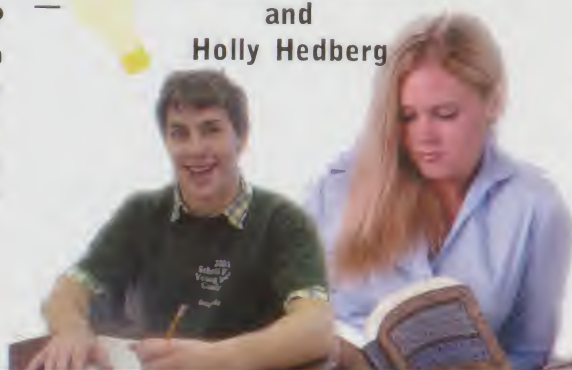
Life of the parties



**Gabe Hibben and
Aimee and Ashley
Munoz**

Most likely to write a novel...

**Jeremiah Vincent
and
Holly Hedberg**



I, Ben Tharp, will my fat to the underclassmen because I have enough to go around.

I, Ross Loving, will my womanizing/flirting skills to Ryan Neff, because he'll need them for next year.

I, Aimee Munoz, will Carrie Hatfield my setting abilities! Keep working hard and good luck in years to come! You go girl!!!

I, Valerie Blackford, will my Festiva to Reeio Sumabat because it won't quit and she needs to have a car to "stunt" and have in before Tri-Point.

I, Eric Cooper, will my massive tee shots to Trevor Bird because when he hits the ball his dress gets in the way.

I, Brandy Budd, will Jamie Nixon and Jenny Carr my unforgettable "you stop" phrase because they can't get enough of it.

I, Payton Petrie, will Courtney Chaplin my lack of mad volleyball skills in hope that she will someday put away her record-winning track shoes and fill my seat on the bench.

I, Eric Radley, will Ryan Neff my size 16 shoes because you know what they say about guys with big feet.

I, Amanda Micheal, will Jenny Davis my attitude because she will need it for years to come.

I, Emily Brandt, will Lauren Reed and Reeio Sumabat the clubbin' legacy, because the tradition needs to be carried on! I, Chelsea Pickett, will my limited edition, still in the box Chewbacca figurine to... no one. It's Chewie.

I, Kellie McFadden, will my brother's tattoo to Troy Deaton so he can be tough too.

I, Megan Logan, will Ashley Logan the Nova, so she can drive around in style, just as I did for 2 years.

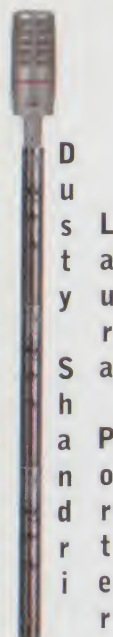
I, Andrew Olson, will my surname "BIG" to Ryan Henkle so he may start at WR next year.

I, Sirina Greene, will my brother Steven Greene my braids so he won't have to comb his hair before school.

I, Holly Hedberg, will my sister Heidi Hedberg Ben Tharp's bus pass.

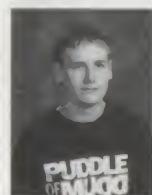
I, Ross Hesseltine, will my freestyle abilities to Bryan Roby because he needs encouragement. We, the T&A Presidents, (Gabe Hibben, Jared Graeve and Brian Schultz) will the Presidency to Luke Ericson and Katelin Eaton. Eat, drink, and be merry, for tomorrow we will die

Best Singer



Juniors

Hard work spotlights the character of people: some turn up their sleeves, some turn up their noses, and some don't turn up at all. Attempt easy tasks as if they were difficult, and difficult as if they were easy; in the one case that confidence may not fall asleep, in the other that it may not be dismayed. ~*Baltasar Gracian*



Brett Adams
Alicia Alvarez
James Anousis
Nicholas Anspach
Jesse Antelman
Heather Armstrong
Mikaela Atkins



Juvenal Avila
Katie Axser
Brandin Bales
Timothy Ballard
Jennifer Barker
Gary Bean
Garrett Beem



Jesse Beerbower
Owen Bell
Christine Bennett
Cristina Bernardino
Kristin Bernhardt
Charles Berry
Trevor Bird

Dave Blythe
Tyler Boattenhamer
Jessica Boileau
Jason Boll
Brian Borne
Amber Bosley
Jeni Bosley



Robert Bourdon
Raquel Bradford
David Branson
Daniel Bright
Aaron Britt
Jason Brownell
Brooke Brumley



Andrew Buch
Russell Buck
Sierra Buck
Brooke Budd
Joseph Byrket
Lacy Calkins
Zaida Canas



Andrew Carey
Zachariah Carpenter
Amanda Carper
Jennifer Carr
Yuridia Carrasco
Christopher Carrick
Eric Carrington



Jeffrey Carstens
Niasha Cason
Deisy Ceballos
Lidia Chamale
Zoila Chamale
Angel Chantavisouk
Peter Chanthavong



Courtney Chaplin
Carrie Chapman
Desiree Chavez
Stephanie Chia
Randy Chounlamountry
Jessica Christie
Damion Clement

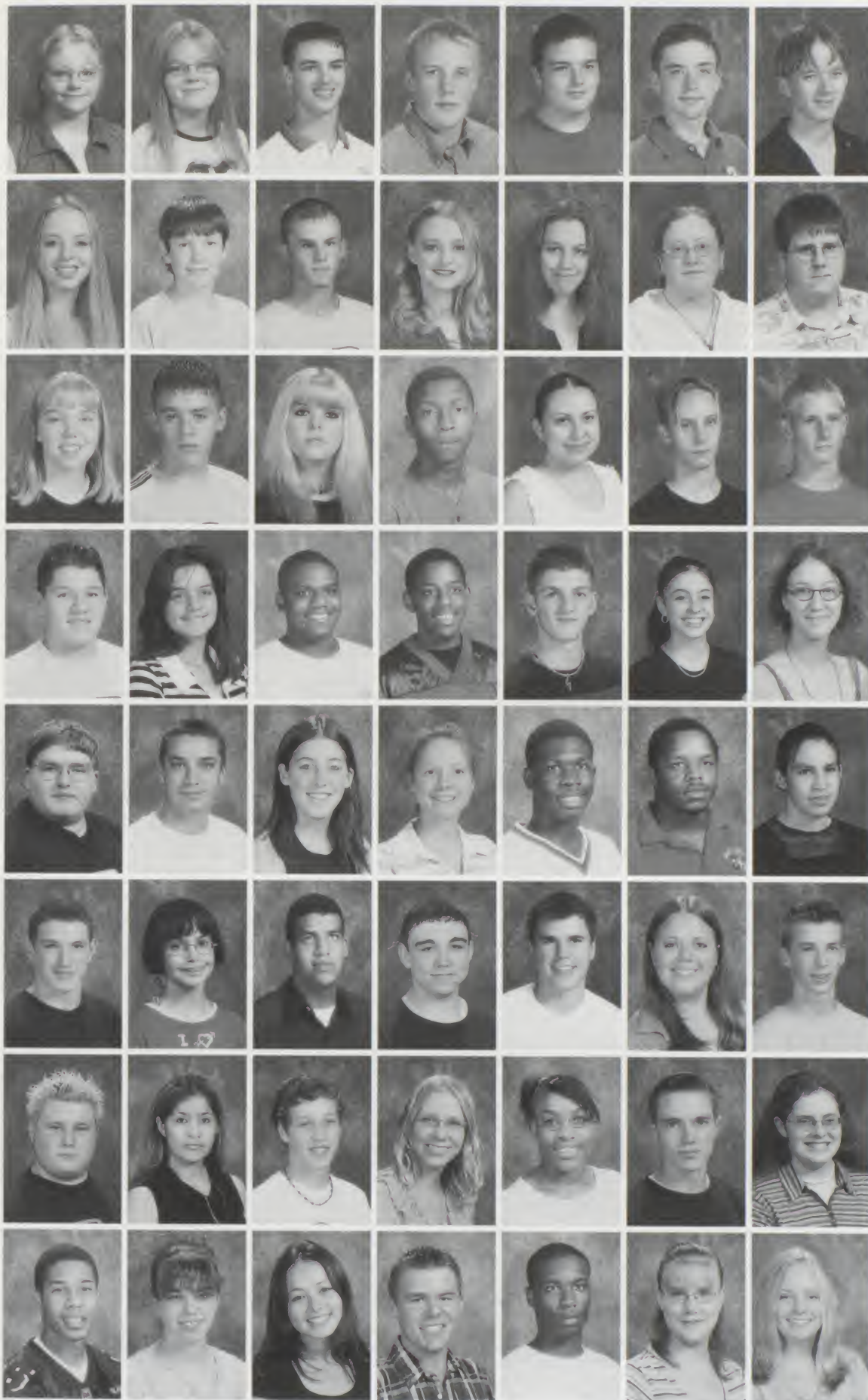


Correy Clouse
Joey Coates
Nicole Cockerham
Felicia Coe
Cody Conn
Jay Cook
Jeremy Cook



Jamie Cort
Mandy Courter
Tori Crum
Stephanie Crumble
Anthony Curfman
David Curtis
Joseph Duke-Cowles





Jessica Daugherty
Jennifer Davis
Michael Deal
Troy Deaton
Zachary Deaver
Michael Deerr
Trevor Dickey

Dorothy Dileonardo
Matthew Donahue
Michael Doornenbal
Joann Dorrian
Amy Doyle
Kiersten Dulaney
Jeremy Dunkin

Marcy Duntz
Paul Durham
Ashley Edwards
James Edwards
Ruby Escobedo
Joseph Farley
Brent Farrell

Richard Fierro
Annamarie Filippelli
Kenneth Fleming, Jr.
Kevin Fleming
Evan Fousek
Kayla Froehle
Jeanna Frost

Sean Fuller
Jeffrey Garretto
Diana Gearhart
Seara Gering
Jermaine Gines
Jonathan Gines
Gabriel Gonzalez

Glenn Graspy
Harmony Gregg
Marvin Griffin
Lewis Grim
Kristopher Grimm
Andrea Grossman
Christopher Guhl

Jonathan Guy
Laura Guzman
Joshua Hall
Kirsten Hansen
Marie Hardy
Ronald Harmon
Brenda Harnan

Marvin Harris, Jr.
Amber Harvey
April Hatfield
Tyler Hauf
London Hayes
Ashley Heaberlin
Amber Heath

Words of Wisdom

Though juniors must endure the most difficult year of high school, they still have time to sit back and take in everything from a wise point of view. Here are some thoughts that are both funny and inspirational. Hey, relax and take all that extra work with a smile...



Jeremiah Yassin

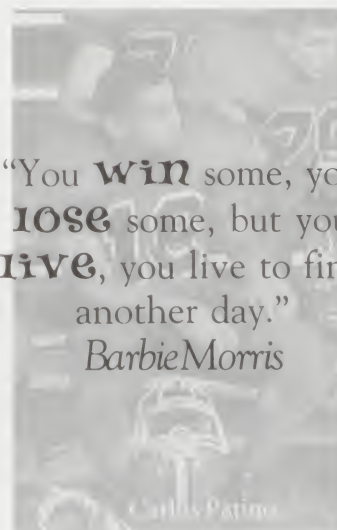
"What lies **before** us
and what lies **beyond**
us is tiny compared to
what lies **within** us."
Oliver Wendell Holmes

Jesse Antelman



Courtney Chaplin

"What's **happiness** if
you can't share it with
other people?"
Amber Zenor



"You **win** some, you
lose some, but you
live, you live to find
another day."
Barbie Morris

Molly Heggen
Heather Held
Ryan Henkle
Sean Henry
Michael Her
Mark Hermosillo
Justin Herrera



Heather Hill
Jennifer Hines
Kevin Hollingsworth
Lindsey Houchin
Matthew Howe
Kimberly Howell
Gina Hughes



Thyta Inthavong
Nicholas Ira
Eraina Jackson
Joesey Jackson
Chaneze Jackson-Spencer
Jessica James
Whitney Jenkins



Brandon Jennings
Charles Jilek
Ashley Johnson
Joshua Johnson
Ashley Jones
Ashley Jones
Leroy Jones



*"Your heart
understands what your
head cannot get
conceive; trust
your heart."*



Tina Nickerson and Nikki Omundson

*"A **friend** is one to be with you not
only in the **sunshine** but also in the
shade.*

Thomas Jefferson



Amanda Preston, Rorrie Nagy and Jeanna Frost



*"Imagine
all the people,
living life in
peace."*
John Lennon

Samantha Winebrenner & Amanda McConnell



Trevor Jones
Heidi Kaldenberg
Adam Kalwishky
Christopher Kayser
Anna Kelly
Brinden Kelly
Daniel Kern

Jacqueline Kern
Sarah Kernes
Ashley King
Kyle King
Somwong Kitthikoune
Lisa Knapp
Season Krause

Kandi Latcham
Gregory Lee
Sharvar Lee
Bronson Leinen
Christy Lem
Ashley Letze
Shawn Little

Delise Lockett
Jonathan Long
Carol Loving
Stacey Madison
Cory Martin
Michael Mathews
Jeremy Mc Daniel

William Mc Dowell
 Chuck McAninch
 Kyle McCarl
 Amanda McConnell
 Michael McCourt
 Jeremy McDaniel
 Kevin McDonald



Jonathan McGarr
 Rachael McGhghy
 Michelle McKee
 Zachary McLaughlin
 Clare McNamara
 Shelley McNeal
 Katrina Mead



Lizeth Medina
 Sara Michener
 Michael Mielke
 Kari Mikesell
 Anthony Miller
 Michael Miller
 Nora Minasyan



Laquana Mitchell
 Michael Mitchell
 Hugo Mora
 Sara Morlan
 Barbara Morris
 Tony Mosqueda
 Megan Most



Brenda Muniz
 Amber Murphy
 Daniel Murphy
 Benjamin Murray
 Rorrrian Nagy
 John Neal
 Ryan Neer



Ryan Neff
 Christine Nickerson
 Megan Niffenegger
 Jamie Nixon
 Kari Noble
 Heather Noel
 Keenyn Orr



Kimberly Owens
 Staci Owens
 David Palmer
 Charlie Parcel
 Carlos Patino
 Sandy Patterson
 Nancy Paz



Kita Person
 Chelsea Petersen
 Melissa Petersen
 Kenny Phaydavong
 William Powell
 Amanda Preston
 Jessie Pridemore





Samantha Puffenbarger
Angela Puffett
Aaron Ramirez
Christopher Ratliff
Allison Rauh
Lupe Raya
Lauren Reed



Charles Reese
Yvonne Reid
Rochelle Remus
James Rendall
Lakiesha Renfro
Samantha Reuskens
Luis Reyes



Bryan Reynolds
Emily Rice
Teara Rice
Jack Richards
Katherine Ring
Kristen Robinson
Nathaniel Roth



John Rouse
Elizabeth Sample
Kevin Sanders
Amber Santa Maria
Sandra Sauz
Adam Scarlett
Chase Schieffer



Jordan Schilling
Daniel Schultz
Ashley Scott
Robert Shackelford
Jerry Sheffield
Jameson Shipley
Robert Sholley



Dustin Slempe
Treasure Small
Chad Smith
Duncan Smith
Joseph Smith
Megan Smith
Robert Songkham



Julie Southammavong
Matthew Sowden
Seena Stafford
Rex Staley
Jonathon Stapes
Joshua Stephenson
Amanda Stevens



Savannah Stevenson
Trevor Stewart
Michael Stockbauer
Monica Stockbauer
Bobbie Stradley
Reeio Sumabat
Jessica Swinehart



CHELSEA
PETERSON



KATIE RING AND
BRENDA HARNAN



LAUREN REED



JASON BOLL



BABY CHICKS IN
ZOOLOGY

Catherine Swoboda
Gregory Tarr
Heather Thomas
Lucas Thomas
Toby Thompson
Christopher Tillman
Christopher Timblin



Heather Timblin
Goergina Tippetts
Ashley Townsend
Oudaphone Tran
Savanny Tuon
Eddie Van Deo
Andrew Van Gundy



Benjamin Van Syoc
Nick Van Winkle
Bradley Vance
Ka Vang
Krystal Vanweelden
Michael Vargas
Nilaphay Vorasith



Amanda Vuth
Felicia Wagner
Billy Walker
Nicole Warner
Dorman Weaver
Andrew Webber
Dustin Weber





SEAN HENRY AND
MICHAEL MATTHEWS



MICHAEL DEAL



BRINDEN
KELLY



BOBBIE STRADLEY



Ashley Welding
Monica Wieskamp
Darin Williams
Stephen Williams
Glen Wilson
Samantha Winebrenner
Alia Winterbottom



Ryan Wisnousky
Carla Woods
Adrena Woodyard
Fue Xiong
Jeremiah Yassin
Aaron Young
Joshua Young



Amber Zenor

Juniors Not Pictured

Browne, James
Crawford, Myneka
Davis, Aaron
Draper, Alan
Galvan, Petra
Guy, Willie
Jackson-Spencer, Chaneze
Leach, Judy
Logan, Lekia

Lowan, Jessie
Mayhugh, Nicholas
McAninch, Arthur
McCarl, Kyle
Myers, Jason
Suljic, Amela
Walske, Adam
Woodbridge, Yolanda

Sophomores

If you have a talent, use it in every which way possible. Don't hoard it. Don't dole it out like a miser. Spend it lavishly like a millionaire intent on going broke. ~Brendan Francis



Silvia Aguayo-Torres
Kevin Alarcon
Alan Althaus
Tyler Althaus
Nickolas Ambrosion
Jeremy Amerison
Anishkumar Amrutlal



Christina Anderson
Donald Anderson
Abel Andrade
Allison Andrews
Crystal Antelman
Jennifer Armstrong
Donald Arpy



Alison Augspurger
Kristin Ayala
Damouck Baccam
Marshelle Baccam
Cassi Bainter
Jeremy Bales
Nichola Bannor





Christine Barrese
Lindsay Bartling
Matthew Barton
Nicholas Beal
Drew Beals
Jessica Beavers
Tye Beck



Daniel Bernardino
Lisa Birt
Kenneth Blair
Kelsey Boattenhamer
Lukas Bolander
Kristine Bolden
Richard Bolden



Angela Boley
Timothy Bolten
Ashley Botts
Holly Bousselot
Alicia Bowman
Kevin Bradford
Sandy Branchcomb



Paul Bright
Michael Brinson
Kelsey Brooks
Melinda Brooks
Tiffany Brooks
Amanda Brooks-Fernande
Anthony Brown



Jerica Brown
Julian Brown
Katilin Brown
Taryn Brumm
Meaghan Bruner
David Bryant
Nate Burgett



Kelsey Burns
Courtney Bush
Kari Bush
Julia Byers
Kristin Byrd
Kathryne Byrket
Jennifer Calvache



Jacob Campbell
Helio Canas, Jr.
Ramiro Cardenas
Jarell Carson
Mikea Carson
Adam Carson-Sparks
Anthony Carter



Erica Carter
Christopher Casillas
Acee Cavan
Kimberly Cavan
Nova Cavan
Pedro Ceballa-Brisen
Gustavo Ceballos

Saul Ceballos
Joseph Channon
Dawn Chapman
Amanda Christie
Lacey Chumbley
Todd Claiborne
Adam Clark

Jociaria Clark
Amber Coates
Joseph Coates
Jessica Cochrane
Tasha Coe
Robert Conn
Amanda Conner

Bradly Consolver
Cesar Contreras
Duston Cooper
Peter Cooper
Zachary Cort
Christopher Cozad
Michael Crabb

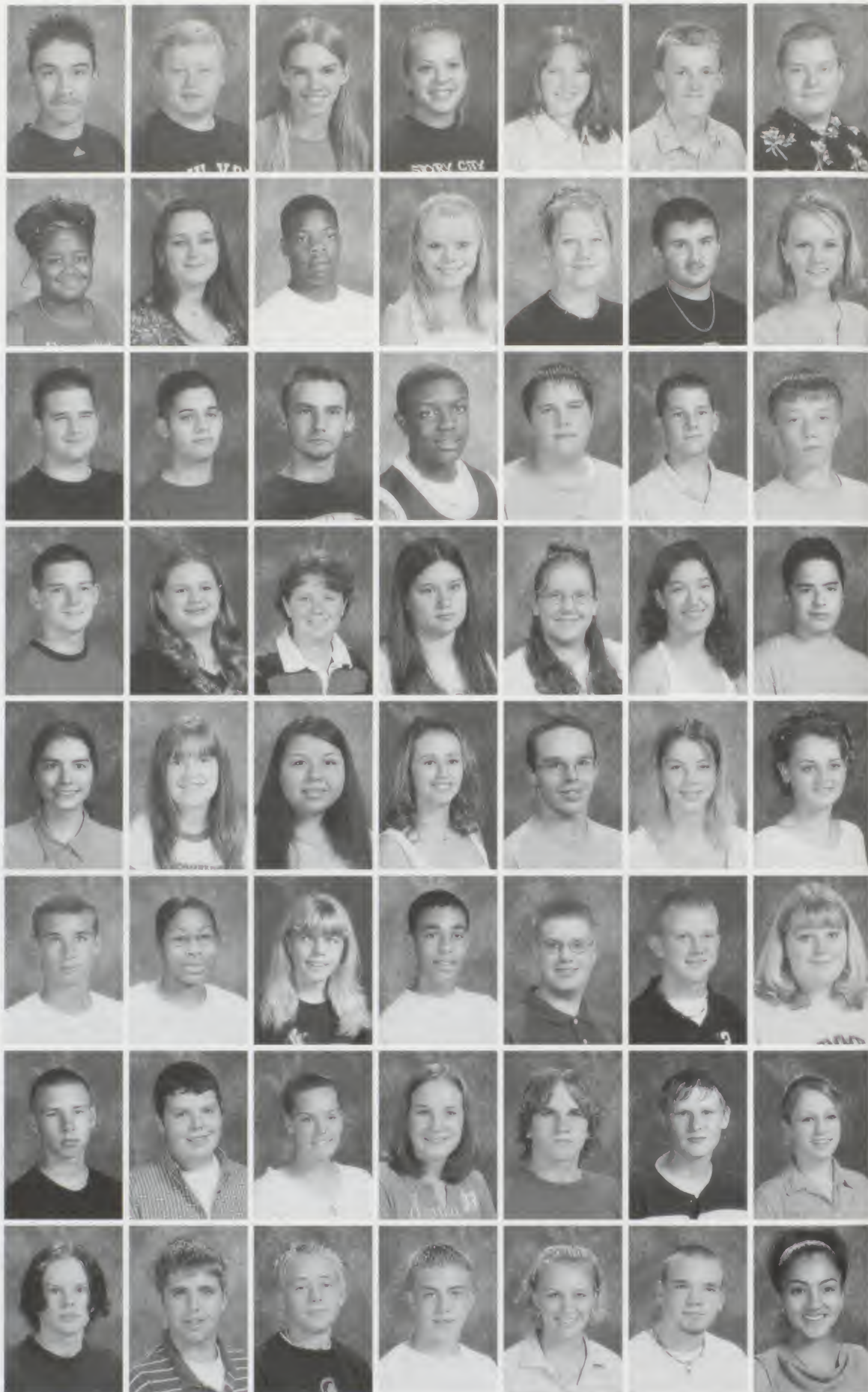
Jason Crook
Sheena Cunningham
Amber Czizek
Amanda Danielson
Kristina Daugharthy
Ana Davalos
Kevin Davila

Victoria Davila
Casey Dawson
Vivian De La Cruz
Aldijana Delic
Jaysen Delpierre
Andrea Denning
Ivana Djukic

Bryan Doornenbal
Yolanda Dotson
Brittany Dudley
Harold Dudley
Phillip Duncan
Joshua Dunham
Jenna Dunkin

Dustin Dunn
Ryan Earles
Justine Eaton
Katelin Eaton
John Edwards
Jeffrey Elliott
Sarah Enos

Douglas Epping
Perry Erickson
Luke Ericson
David Ezzio
Christina Fane
Michael Fausett
Roxana Ferreyro





Richard Field
Anthony Fields
Brooke Fisher
Daniel Fisher
Felicia Fisher
James Fitzgerald
Tamara Fogarty



Nicholas Fogle
Ralph Foley
Rick Fontana
Lacey Franklin
Erika Garcia
Nicole Garrison
Jameson Gerstenberger



Alexandra Giddings
Demarcus Gines
Tyler Gist
David Glover
Amanda Goff
Adan Gomez
Adolfo Gonzalez



Ashley Goodpaster
Tommy Gowdy
Kyle Gowin
Hazel Grace
Morgan Graham
Steven Greene
Skyler Grenell



Allison Griffiths
Amanda Guerra
Alfredo Gutierrez
Melva Hanke
Amber Harkleroad
Michael Harmon
Howard Harmsen



Allen Harrington
Joseph Hart
Tina Hart
Andrew Hastings
Adam Hazelwood
Clista Hazelwood
Benjamin Heaberlin

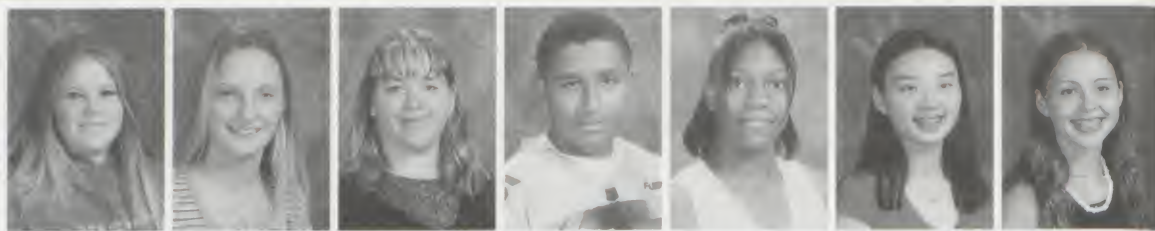


Heidi Hedberg
Chasta Heim-Parker
Tasha Hiatt
Carissa Hibben
Harley Hill
Robert Hill
Wrex Hill



Dean Hoang Van
Chris Hockmuth
Samantha Holmes
Andrew Hook
Lindsee Hook
Randi Hopkins
Sarah Horch

Jodi Housley
Tiffany Howser
Sarah Huffey
Joseph Huffman
Tonie Humphrey
Thuy Huynh
Rahni Janssen



Jenny Jensen
Sarah Jensen
Sobe John
Bryan Johnson
Chadrick Johnson
Derrick Johnson
Elisabeth Johnson



Jacqueline Johnson
Jamie Johnson
Ken-Terrill Johnson
Lakesha Johnson
Jeffery Jones
Megan Jones
Melinda Jones



Andrew Kalwishky
Khonesavan Kavan
Kami Kellis
Inpone Khanthavong
Amanda Khodai
Fredrick Knapp
Erin Korshun



Nicole Kouri
Mike Kuhns
Wesley Lammey
Brody Landers
Nicholas Lange
Crystal Larson
Erica Latcham



Kevin Leach
Nicholas Leanos
Pedro Leanos
Benjamin Lee
Brittney Lee
Chamee Lee
Jordan Lee

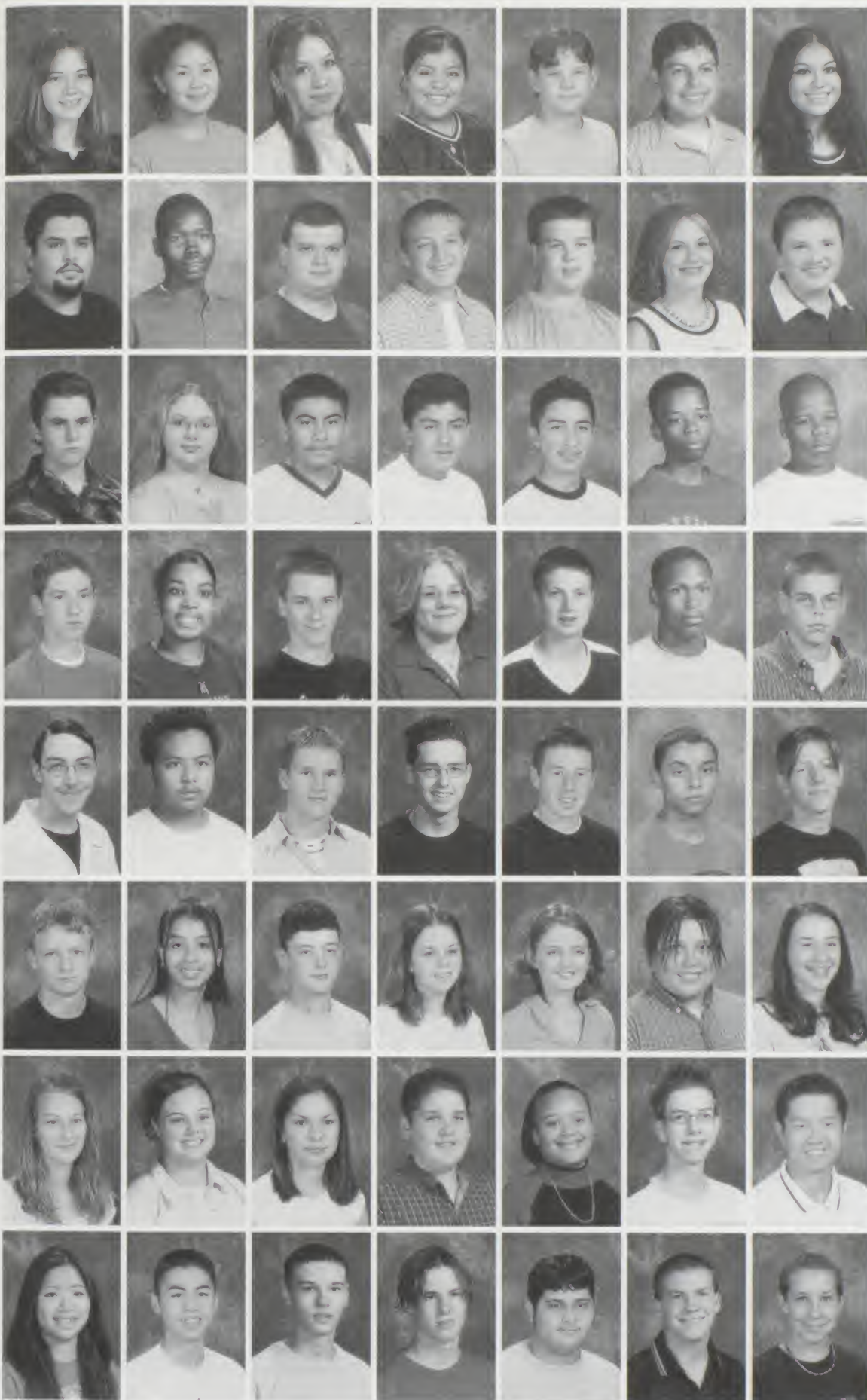


Crystal Lester
Paul Lester
Jasmine Lewellin
Jerome Lewis
David Lloyd
Tyler Locke
Denise Lockett



Elyse Logan
Katie Long
Orville Long
Alee Lovan
Jammy Lovan
Katy Lovan
Aaron Love





Kathryn Lown
Aginda Lu
Maura Luna
Maria MacEda
Jesse Madison
Mauricio Marquez
Yadira Marroquin

Alejandro Martinez
Nyuol Mathok
Shane Maxson
Tyler McAninch
Brent McCaffery
Megan McCallister
William McClain

Ronald McConnell
Danielle McGinnis
Benjamin Melendez
Juan Melendez
Walter Mendez
Daeron Merrett
Marshawn Merrett

Bryan Merryfield
Lajaherae Mickens
Craig Mikesell
Amy Miller
Jeremy Miller
Robert Miller
Shawn Miller

David Minikis
Scott Mit
Martin Mohler, Jr.
Joseph Monaco
John Mongar
Izaak Moody
Christopher Moore

Geoff Moore
Yadira Moreno
Bradley Morgan
Amanda Morlan
Kayla Morris
Joshua Mosqueda
Elma Mujakovic

Erika Mullin
Heather Munyon
Mariana Murillo
Matt Neal
Danielle Neighbors
Joshua Nelson
Daniel Nguyen

Giao Nguyen
Thanh Nguyen
Taras Nikishenkov
James Norton
Jeremy Ochoa
Corey Oconnor
Eric Oliver

Nikki Omundson
Ruben Ordaz
Antonio Ortega
Mayra Ortega
Elizabeth Padron
Amy Page
Jennifer Palmer



Natasha Parker
Nicholas Parker
Alex Parsons
Shauna Patterson
Juan Paz
Rebecca Pencook
Mireya Perez



Floyd Perry
Ashlee Petersen
T.J. Peterson
Vinh Phan
Rocky Phetdavieng
Marybeth Phillips
Dana Piatt



David Piper
Patrick Pollard
Bradley Pollock
Christina Powell
Jacob Pray
Amber Preas
Luis Quintanar



Brandon Ramirez
Gricelda Ramirez
Magda Ramirez
Michael Randolph
Ashlee Rankin
Nicholas Rattray
Jelena Raus



Iliana Raygoza
Jenne Reedholm
Brandie Reynolds
Amuk Riak
Joshua Richardson
Shanna Riley
Jennifer Robbe



Nathan Roberts
Javier Robles
Miguel Robles
Brian Roby
Raymond Rodgers
Kenia Rojas
Mark Rothweiler



Douglas Rowe
Gabriel Salcedo
Victor Salinas
Rohey Sallah
Laura San Elias
Suzan Sanachit
Ashton Sauls





Tania Sauz
Anna Scarbrough
Joseph Schamerhorn
Ebony Schmidt
Randi Schooley
Shirandi Scott
Travis Scott

Kevin Senephansiri
Sunny Sengaphone
Anousone Sengsirivanh
Monica Sharpnack
Ashley Sheehan
Jason Sherod
Mark Sherrard

Paul Shipman
Erica Sholley
Jolene Short
Matthew Sloan
Amanda Smith
James Smith
Samantha Smith

Tiffany Smith
Tyler Smith
April Smithhart
Robert Snyder
Jacqueline Sorensen
Donna Soulinthavong
Shelby Speck

Stacey Spencer
Adam Spooner
Jesse Stanley
Raelynn Steenblock
Kale Stephens
Amanda Steward
Shannon Stewart

Andrew Strahl
Patrick Suggett
Scott Sullivan
Chrisna Sunny
Jheris Tate
Corey Taylor
Jeffery Tedder

Sisamone Thammaroth
Paris Thomas
Cheyenne Thompson
Melissa Thompson
Dusty Tilton
Sharon Tonsi
Kayla Trumbo

Krystal Tucker
Tina Turner
Amber Tyler
Kerry Tyler
Alicia Usovsky
Elva Valdez
Andrew Van Gundy

Heather Van Tassle
Carrie Vandervelden
Ashley Vasey
Javier Vega-Rocha
Rogelio Velazquez
Jennifer Vest
Cristal Villanueva



Matthew Waddell
Marcus Wadsworth
Jamie Wagner
Nicole Waldron
Nolan Walker
Stephen Waltz
Myra Weatherall



Kenneth Welton
Derek Wennekamp
Dustin Westlake
Breann Whitaker
Craig Whitney
Elizabeth Whitney
Justin Wicker



Robert Wiese
Sarah Wignall
Ann Williams
Travis Williams
Todd Wilson
Tom Wilson
Shawna Wolfe



Chaz Wood
Chelsey Wood
Joshua Woolson
Levi Yamen
James Young
Joshua Ziegler
Toby Zimmerman



Nicholas Zubulake
Jennifer Zuniga

Sophomores Not Pictured

Alcala, Saul
Bolden, Justin
Bonaphakeo, David
Bright, Paul
Dobbertin, Casey
Dressic, Zachary
Elliott, Martha
Hernandez, Victor
Khounchanh, Christina
Knapp, Jennifer
Lancaster, Celia

Leathi, Krystina
Lewis, Cordara
Matias, Julian
McConnell, Ronald
Mejorado, Amanda
Miller, Robert
Palmer, Amanda
Ramirez, Jorge
Rivera, Antonio
Saucedo, Roberto
Sheehan, Heather

Shorter, Edward
Sierra-Hernandez, Dalia
Sierra, Cristobal
Stroud, Joshua
Taylor, Nicole
Tonsi, Angelina
Ward-Well, Alan
Wright, Larry

Sophomores



reading



cooking



concentrating

listening



typing



working



Freshmen

And yet another year comes to an end. Friendships are made, hearts broken now mended, all the small things that people go through together really make life's greatest moments. You'll leave to return as more experienced and hopefully wiser than what you were before.



David Abell
Forrest Adams
Joshua Adams
Gabriela Aguayo
Artemio Aguilar
Brenda Aguirre
Heather Alexander



Bobbie Allen
Erik Allen
Joshua Allison
Joel Alvarado
Juanita Alvarado
Leonardo Alvarado
Nilam Amrutlal



Jason Anderson
Brandon Andrews
Justin Annis
Todd Appleby
Amanda Archer
Mendi Armstrong
Miranda Atchison





Jacob Atkins
Teri Ayres
Ashley Baccam
Melinda Baccam
Brett Bailey
Justin Bales
Mason Ballard

Robert Banner
Treymane Barber
John Barnes
Robert Barr
Crisel Barron
Elvis Bartley
Jami Bauer

Kathryn Bauman
Angela Baumeister
Lacey Baze
Robin Beck
Ryan Beckett
Jeff Beede
Christopher Belger

Dax Bell
Shantel Bell
Genesis Beltran
Chris Benniuk
Brian Berst
Jenifer Berst
Joshua Birch

Arielle Bishop
Janice Bitters
Jessica Bitting
Jonathan Bixler
Michael Blackwell
David Blaine
Stephanie Blaine

Danyelle Blair
Vanessa Boley
Terrie-Aph Bonds
Benjamin Borts
Sunny Bounyalath
Jerrica Bracelin
Nicole Bradford

Kaylom Bradish
Taylie Brayman
Meredith Breton
Amanda Britt
Amber Brooks
Edward Brooks
Bobby Brown

Jennifer Brown
Tiffanie Brown
Natasha Brumbaugh
Ashley Buch
Nicholas Bunce
J.R. Burgett
Michael Burrows

Laura Bustamante
Samantha Byrd
Lesly Canas
Danielle Cannon
Jessica Cantwell
Mindy Carey
Luis Carmenate



Kashif Carson
Joseph Carter
Kenneth Casebolt
Brian Cason
Eric Cavan
Ted Cavan
Tyler Cavan



Julie Champalath
Lee Chan
Connie Chang
Randy Chanthavong
Anthony Chia
Melissa Christian
Mark Christiansen



Stephanie Chubb
Randall Clark
Tamara Clark
Daniel Cochran
Jessica Cockerham
Valerie Coe
Andrew Coffman



Robert Coffman
Brittani Coleman
Melissa Coleman
Misty Coleman
Joshua Cook
Bryant Cooks
Patrick Cooper



Ashley Cortez
Colin Coulter
Brandi Cram
Adam Crane
Thomas Cross
Anthony Crowder
Ray Crowe



Jenna Crum
Brandon Cupp
Stevie Dake
Daivon Daniels
Allison Davies
Portia Davis
Maurice Day



Daniel Deaver
Katelyn Dehaan
Christopher Dellaca (Farnsw
Micheal Dellaca
William Demoss
Justin Denham
Ana Diaz





Matthew Dicks
Rachel Diver
David Dorsey
Darong Douch
Joshua Douglas
Kayla Dudley
Kindra Dulaney



Brian Dullard
Mark Duntz
Matthew Duntz
Reana Duric
Randi Durrett
Joshua Eaton
Nicholas Eaton



Jetoya Edwards
Lisa Edwards
Kristina Epping
Theodore Erickson
Rogelio Estrada
Stacey Etter
Aaron Ezzio



Madison Ezzio
Eddie Feldman
Mike Feldman
Kasara Felts
Mary Ferrell
Emilie Fesslerboylan
Maria Fettkether



Brittany Fisher
Tanner Fisher
Renee Fitch
Judith Fitzpatrick
Justin Fitzpatrick
Matt Flagg
Victor Flores



Angelia Fox
William Franklin
Nicole Freel
Daniel Fry
Randy Fudge
Kasahara Gale
Sierra Gallardo



Jonathon Galvan
Estela Garcia
Luis Garcia
Jeffrey Garland
Daniel Garretto
Desirae Gillespie
Andres Gomez



Bryan Gomez
Gonzalo Gomez
Luis Gomez
Brendon Good
Jose Granados
Brandi Grasp
Melody Gregg

Lucas Griffith
Jennifer Grimes
Amanda Grimm
Matthew Grochala
Deana Grooms
Jennifer Grove
Kennaye Grutel



Yesenia Guerra
Gregory Gunia
Emmanuel Guzman
Codey Haltom
Matthew Halverson
Falisha Hammer
Kayla Hammer



Joshua Hanawalt
Trevor Harger
William Harnan
Johnathan Hartfield
Tessa Hartman
Benjamin Hartzer
Nathaniel Harvey



Carrie Hatfield
Terry Haus
Darron Haygood
Rhyann Hearshman
Alyssa Heggen
Dean Helm
Robert Helm



Mark Heman
Deisy Hernandez
Jacinta Hernandez
Jose Hernandez
Meredith Heuermann
Michael Hickman
Amanda Higgins



Nicholas Higgins
Gustavo Hilario
Tyler Hill
Casey Hills
James Hilt
Dandeline Hoang Van
Rachel Holcombe



Taja Hollimon
James Holmes
Jerry Hols
Thadeus Hoover
Melissa Horner
Mollie Horton
Eric Howser



Shylynn Hudson
Ashley Huggins
Ashley Hughes
Dustin Hunziker
Hector Ibarra
Stephanie Izaguirre
Joseph Janes





Cody Janssen
Brandon Jasper
Ronnie Jeffries
Ladu John
Robert John
Toby Johns
Aaron Johnson

Anthony Johnson
Erin Johnson
Jon Johnson
Mallory Johnson
Michael Johnson
Tyrone Johnson
Jennifer Jones

Laurie Jones
Matthew Jones
Sara Kain
Buddy Keddie
Kari Kellen
Brendon Kerber
Mitchell Khoangvan

Dawn Kile
Tasha Kilmer
Brenna Kimmel
Tyler King
Robert Kirkpatrick
Danielle Kuhns
Braulio Laborico

Sharisheka Lamay
Shawniece Lamay
Bryan Lampkin
Melinda Lansing
Thomas Larrabee
Tyler Larson
Michael Leanos

Delashawn Lee
Joshua Lee
Pheng Lee
Sharmaine Lee
Lacey Leichliter
Jeffrey Leonard
Bryant Lester

Vacarro Lindsey
Whitney Link
Kristine Liston
Larry Little
Bun Lo
Ashley Logan
Kelsie Long

Adriana Lopez
Cristopher Lopez
Lyssette Lopez
Joey Lovan
Laken Lovan
Jose Luna
Andrew Maassen

Brenda Madison
 Danny Madison
 Meagan Mangra
 Justin Marmet
 Daniel Marquez
 Javier Marquez
 Virginia Marquez



Yesenia Marquez
 Jermeze Martin
 Anastasia Martinez
 Christopher Martinez
 Misti Mayberry
 Elizabeth Mayes
 Alejandro Mayorga



Jacci Mc Caughey
 Tom Mc Connell
 Troy Mc Connell
 Joshua McBurney
 Anna McCourt
 Megan McElderry
 David McElvogue



Ashley McGuire
 Jurmaine McGuire
 Jared McNeal
 Brandon McNeeley
 Christine McVey
 Mark Mendenhall
 Gilberto Mendoza



Luis Mendoza
 Pete Michelsen
 Robin Mickens
 Samantha Millard
 Ashley Miller
 Chelsea Miller
 Michael Miller



Nicole Miller
 Christopher Minikis
 Quintin Mitchell
 Robert Mitchell
 Ricardo Montano
 Miguel Montes
 Lizbeth Montesinos

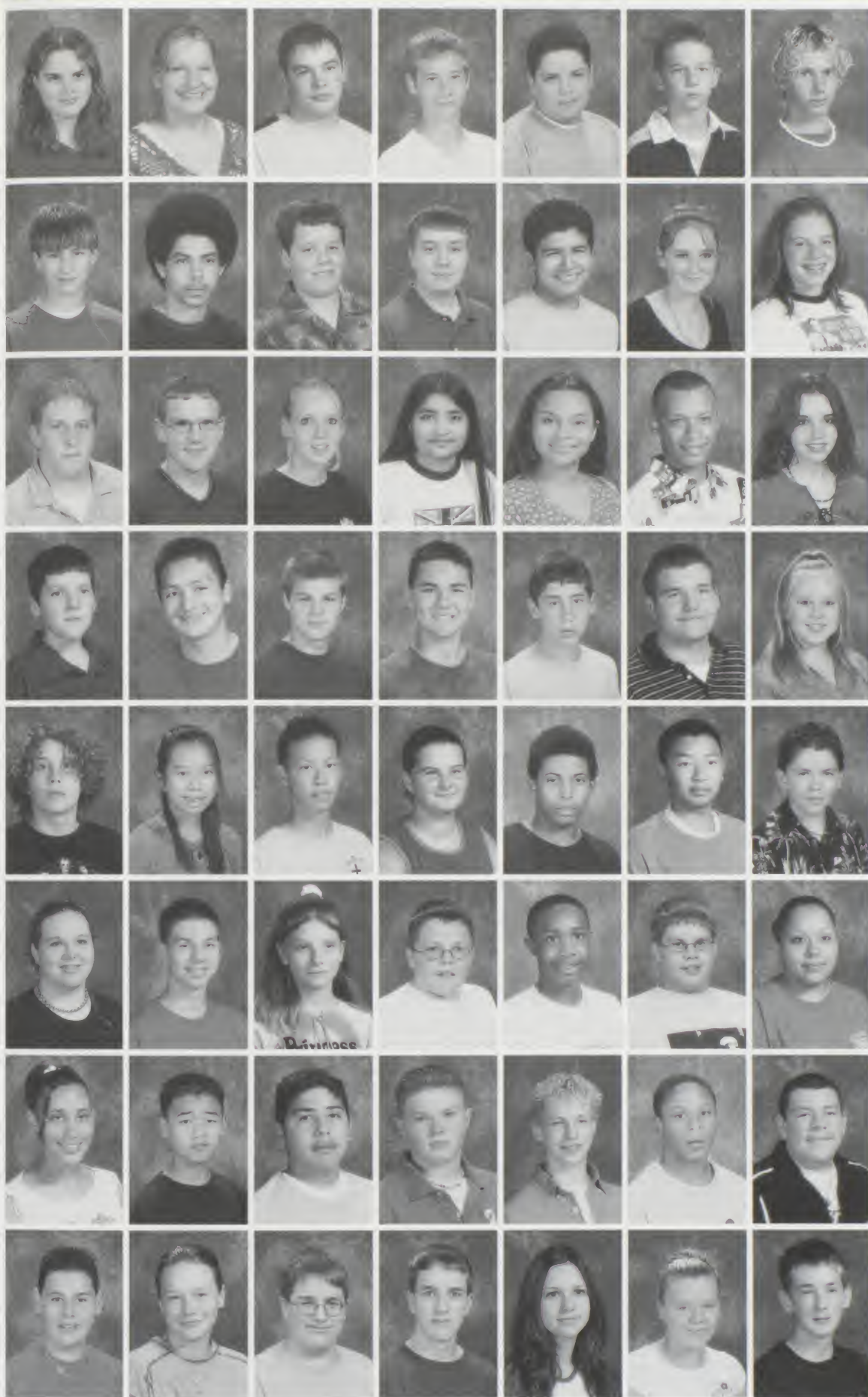


Jeremy Moon
 Treyron Moore
 George Morales
 Javier Morales
 Gustavo Moraza
 Laura Moreno
 Shane Morgan



Amber Morrill
 Ricco Morrow
 Brandon Mosqueda
 Nicole Mowery
 Jerry Mullahey
 Zach Mullin
 Arin Murphy





Malory Murphy
Jessica Naylor
Jake Nicholson
Cody Nieland
John Nigro
Pete Noble
Matt Norton

Scott Norton
Tyler Oliver
Dustin Olson
Jacob Opel
Edgar Ortiz
Christa Osborn
Lindsay Owens

Michael Parisho
Jason Parker
Nichole Parnell
Jemini Patel
Elyssa Patino
Tyson Patton
Kayla Pearson

Aaron Peek
Milton Peralta
Mark Perkins
Tucker Peters
Benjamin Peterson
Dan Petrie
Skye Pettijohn

Isac Pettinger
Trinh Phan
John Phanouvong
Julia Phillips
Royce Phillips
Denny Phomvisay
Christopher Piatt

Amanda Pierce
Brad Pinegar
Jessica Poe
Joseph Pollard
Ralph Pope
Patrick Pringle
Dulce Pulido

Keisha Rankin
Denny Ratsakanh
Daniel Raya
Tyler Raymond
Alexander Reed
Gino Reed
Michael Reed

Shane Reed
Rebecca Rees
Adam Reese
Zachary Reese
Tangy Reha
Nicole Rench
Robert Reuskens

Jesus Reyes
Bryant Reynolds
Tracy Rhoads
Shiena Rhodes
Justin Ridgeway
Alyssia Rivera
Jesse Rivera

Harold Robb
Tanner Robbins
Anthony Robinson
Justin Robuck
Daisy Rodriguez
Jose Rodriquez
Aaron Rogers

David Rogers
Olga Rojas
Justin Ross
Tobias Ross
Melinda Roush
Sarah Rowat
Jaimie Rowe

Alan Rubenking
Patricia Ruckle
Nikkia Rushing
Kaytie Ryan
Jimmy Saengaroun
Nataleen Sakakhanone
Courtney Salazar

Felipe Saldana
Cesar Salinas
Jenny Sawhill
Karen Sawhill
Kelli Sawhill
Amber Schmidt
Kelly Schultz

Donte Scott
Jesse Scott
Lidia Segovia
Kasadee Sellers
Andy Sengaphone
Estrella Serrano
Stephanie Sharp

Spencer Shaw
Heather Sheldon
Jarae Shelton
Joshua Sholley
Montreal Shorter
Tasha Simpson
Luis Siordiz

John Skinner
Jacob Sleeth
Ryan Slinger
Jessica Smid
Allison Smith
Bethany Smith
Chris Smith





Jason Smith
Kelly Smith
Mallory Smith
Martin Smith
Matthew Smith
Matthew Smith
Matthew Smith

Randy Smith
Randy Smith
Sandra Smith
Sara Smith
Stephanie Smith
Robert Snow
Paige Sorter

Tanis Sotelo
Tyler Sowden
Joshua Steben
Matt Stephens
Kortney Stevens
Bobby Stevenson
Josh Steward

Amber Stewart
Ryan Stockbauer
Latisha Streeper
Sarah Strock
Kizzie Strother
Nicholas Sullivan
Ashley Swanson

Christina Sweet
Michael Teasley
Norma Tedder
Aleson Teichroew
Luel Teny
Gloria Terrell
Eric Thavonekham

Phetnikhon Thipyothin
Kristie Thomas
Mariesha Thomas
Miranda Thomas
Rachel Thomas
Tad Thomas
Kyle Thompson

Montez Thompson
Robert Thompson
Thomas Thompson
Jamie Thrasher
Michael Timblin
Kelsey Titus
Shawntae Tomlinson

Maria Tonche
Andrea Torres
Zebereck Townsend
Nicole Townsley
Jason Trehy
Dana Troyer
Demarco Turner

Dania Valiyeva-Hacket
Duane Vandenhemel
Jessica Vandermark
Imogene Vang
Kou Vang
Seashia Vang
Shara Vanweelden

James Vasey
Ricardo Vazquez
Vanessa Vega
Reyna Velasquez
Laura Velazquez
Jason Viengvilayvong
Jacob Vincent

Kong Vongxay
Scott Vulgamott
Shannon Wagner
Almeda Walker
Ashli Walker
Richard Walker
Sadie Walker

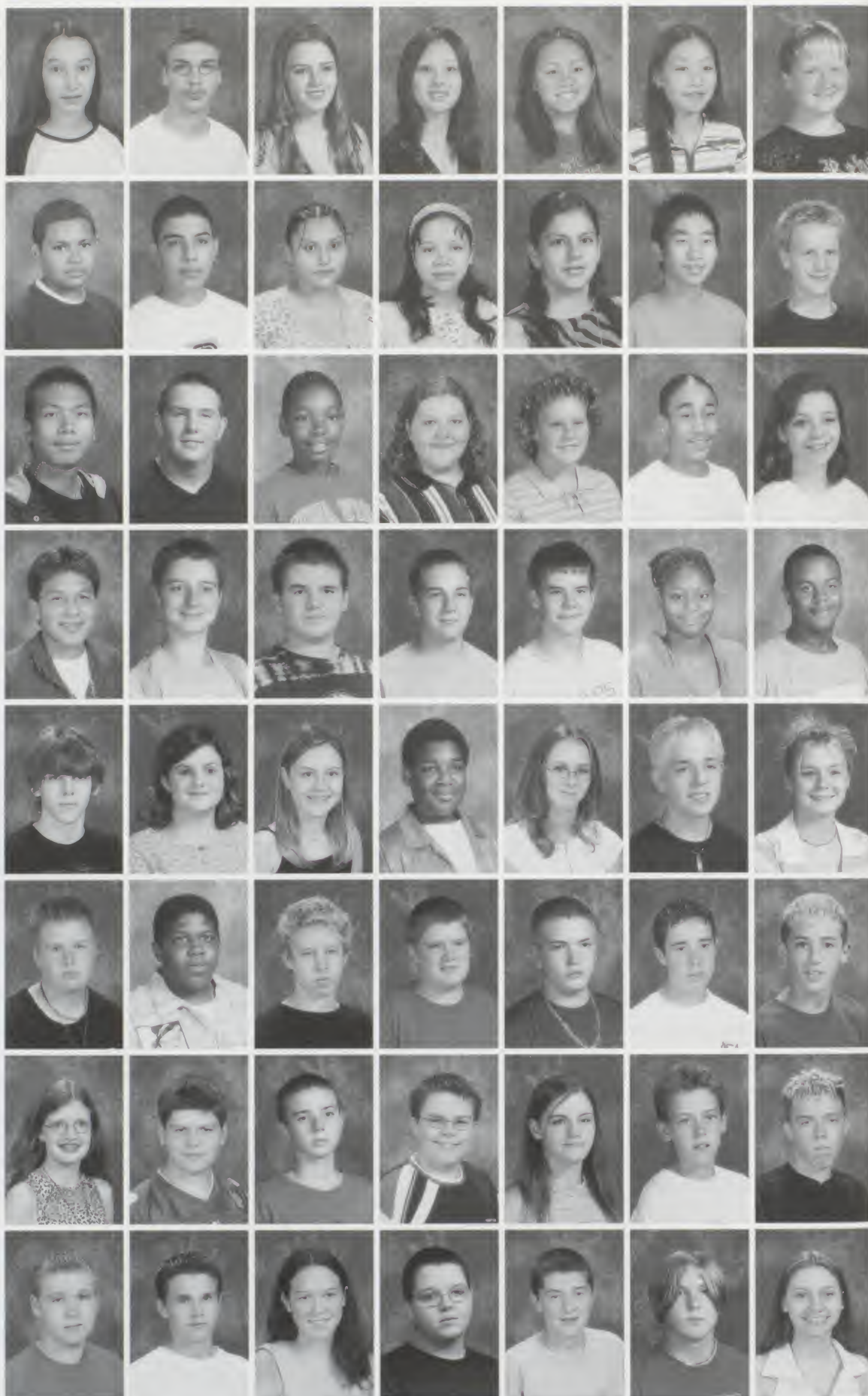
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Andrew Wall
Dustin Wallace
Meeka Walton
Anthony Ward

Ted Ward
Marilyn Warner
Lindley Warren
Samuel Washington
Samantha Waters
Christopher Watland
Elizabeth Way

Joe Wayman
Phillip Weathers
Justin Webb
Blake Weiland
Jessie Welch
John Wells
Daniel West

Victoria West
Marc Whalen
Vincent Wheeler
Anthony Whelchel
Chasity Whisenand
Donald White
Michael White

Steven Wieskamp
Bryan Williams
Dayna Williams
Randy Williams
Michael Williamson
Justin Winters
Kindall Wolff





Melanie Woltz
Donna Wonders
Cody Wren
Jeff Wright
Mathew Wright
Outhai Xaysana
Pao Xiong

Yout Yingyoth
Chey Young
Michael Young
Rachel Young
Terry Young
Tonessa Young
Olivia Zermeno

Kerie Zielstorf
Gregory Zubulake
Beatriz Zuniga
Amanda Zust

Freshmen Not Pictured

Alexander, Andrew
Alvarez, Jaime
Behena, Mayra
Barnhart, Corey
Borgia, Shannon
Boylan, Steven
Burgett, Randy
Cameron, Tony
Coe, Zachary
Contreras, Nohemy
Cort, Abbie
Curtis, Shawn
Doty, Jenna
Douch, Darong
Gines, Curtis
Guerrero, Ruben
Harper, Jerome
Johnson, Heidi
Johnson, Kareem
Jones, Nicholas
Kirkman, Andrew

Leang, Lamy
Loewing, Amanda
Lopez, Nestor
Martin, Christina
McBurney, Joshua
McDowell, William
Montine, Savannah
Morales, Daniel
Nall, Kristine
Neal, Ashley
Neal, Casey
Neal, Joshua
Nelson, Zachary
Pierce, Brian
Smith, Joshua
Thompson, Ashley
Tomlinson, Shawntae
Vega, Vanessa
Velez-Trejo, Sandra
Wermes, Alisha



Des Moines School Board

Top Row: Jon Neiderbach, Jim Patch, Margaret Borgen, Som Baccam, Graham Gillette. Bottom Row: Laura Sands, vice president; Marc Ward, president; Dr. Eric Witherspoon, superintendent.



Principal
Tom Lee



Vice Principal
Alex Hanna



Vice Principal
Gary Rourke



Vice Principal
Dawn Stahly

Donna Adams
Rhonda Anderson
Joni Armstrong
Robert Bagley
Linda Baker
Patrick Bannon
Svetlana Baranova



Steve Barnes
Mary Barton
Diana Bolich
Vicki Bonnett
Ronald Borstad
Janet Boyd
Chasity Brees



Kathy Brown
Tom Bullington
Patricia Bushong
Kacia Cain
Barbara Callaghan-Mitchell
Robert Carmichael
Dianna Carnahan



Ted Christensen
Nancy Christy
Lonnie Clark
Tom Cole
Maggie Crawford
Karen Cross
Kathy Crum



Renovation Gets Chance for a

By Gina Hughes

MILLION

Every year the administration deals with many things at once in running a big school. With the renovation starting soon, cost, of course, is the main concert. But in 2002 they were seeing dollar signs when the school was offered the Harkin Grant from the federal government.

"It will award us one million dollars if we can raise the other million to match it," said principal **Tom Lee**.

The school was given a period of nine months to raise the money and had many plans for reaching that goal.

"A lot of it was through sponsorship, alumni and other contributions from various clubs

and organizations," said vice principal **Alex Hanna**.

During the month of November, the school was given \$250,000 from the Dale Bright foundation.

Contributions like these brought the school closer to their one million-dollar mark.

"As of the end of November, including the \$250,000, we had already raised half of a million dollars through gifts and donations," said Lee.

The students also showed support and interest in the raising of the money. Some even

participated in the fundraisers.

"I attended one of the fundraisers and it was cool that all the different parts of the school were there. It showed people what their money was going for," said junior **Rochelle Remus**.

"It had a lot of student involvement such as jazz band, Destination Imagination, cheerleaders and other groups."

The alumni also gave a lot of positive support. They were pleased with all the effort and devotion that was being put into what was done, according to alum

Kathy Nouchanthavong.

"I felt that the goal would be hard to accomplish, but now I think it is very attainable," said Nouchanthavong.

The million-dollar grant was only part of an even bigger picture of five million dollars the school is actually trying to raise. A community center that would double as an additional school gym will require 2.8 million dollars, 1.2 million dollars will go to a new fine and applied arts building, 1.5 million will go to remodeling the auditorium, and whatever is left will go to any additional remodeling to the building.



George Davis
Sally Dehnert
Randy Derby
Janet Dillon
Rami Dougherty
Carl Drautz
Amanda Eimers

Elaine Ericson
Lora Evans
Terrie Fenstermann
Darrin Fisher
Diane Fleming
Keri Frommelt
Ann Ginther

Shirley Gooch
Jerry Goodrich
Mel Green, Jr.
Shawna Green
Maureen Griffin
Julia Hagen
Jeffrey Hall

Michelle Hankins
Monica Hankins
Alex Hanna
Kathryn Hansen
Nancy Hansen
Vernon Hansen
Dena Harms

Clean school is no Magic Trick

By Quynh Truong



When there's graffiti on the wall, there's only one group to call: the custodians. Keeping the school looking nice and neat for future students is their job.

Rarely seen in action, they move around the building sweeping floors and picking up trash during classes. Keeping the restrooms smelling so fresh and so clean is a part of their duties.

"We put pride and care into what we do here at East to make people who enter this building feel comfortable and welcome," said custodian Darryl Jones.

"I remember seeing a custodian sweeping the floor in the big gym at the end of my class and he was done by the time the bell rang," said junior Jenny Bosley.

The custodians aren't the only ones who go around cleaning the school. They sometimes have help from students who give up their time at least once a week. Key Club, a volunteer organization, has helped in the past to maintain East's clean image.

"Sometimes during one of our meetings, we go down to the stadium and clean up the mess behind the stands," said junior Jeff Garretto.

What this group and other students do for the image of this school is something that needs to be appreciated. Anybody can help make the custodians' duties easier, whether it is picking up after themselves or not making any messes.

"I make sure that everyone who eats in the cafeteria during lunch cleans up their mess and never let food be thrown around the room," said hall monitor Brian Hoff.

Almost every year some students in the cafeteria start throwing food around and make a big mess.

"Whenever there is a report of food being thrown in the cafeteria, it's either me or someone else who has to clean up the mess," said custodian Rick Remus.

The custodians are like the crew of a racecar driver, waiting in the pit for their chance to change the tires, refuel the tank, and energize the driver. The custodians change the light bulbs, refuel the lawn mower, and put life into the school each day.



Mark Hawkins
Deann Hebert
Don Heese
Linda Heger
Joseph Heggen
Joleen Heim
Stacy Herrin



Ann Hoehle
Brian Hoff
Lynn Hoff
Nancy Holmes
Daria Huang
Erick Hunter
Mark Hurley



Heather Isaacson
Angela Jackson
Jeffrey Jansen
Allison Johnson
Russel Junck
MaryJane Kaldenberg
Edward Kelly



Kathy Koenig
Susan Krantman
Tom Lee
Lowell Long
Carol Lortscher
Derek Lounsberry
Stayce Lounsberry





Robbie Malm
Deborah Markert
Marjorie Mayes
James Mc Near
Becky Miller
Betty Mills
Martin Mohler

Linnea Morris
Kenneth Morton
Linda Nemmers
Deborah Neustadt
Randy Nordaker
Frank Nwankpa
Sharon Page

Deborah Peterson
Elaine Peterson
Burle Pickett
John Raymond
Claudia Richards
Gary Rourke
John Rudisill

Judy Rush
Annette Ryun
Linda Saddoris
Shawn Sanford
D'An Sasseen
Tamara Scalise
Alvin Schatz



Preparing lunches, Wendy Stover works hard to put together over 60 lunches for elementary school kids. Below, Ellen Clark takes out a batch of hashbrowns for breakfast. Over 100 students eat school breakfasts every day this year.



Sharon Schatz
Janine Schochenmaier
Cynthia Selden
Diane Sheil
Barb Shelley
Vidal Spaine
Mary St. Clair



Diane Steggerda
Susan Stewart
Chad Street
Charles Sutherland
James Turner
James Van Tuyl
Frederick Vanderley



Corinne Vanover
Ellen Vertz
Joyce Vickroy
Somkong Vong
Ryan Vosburgh
Jay Wand
Nicole Wee



Patricia Westin
Mary Westover
Barb White
Krista Womble
John Ytzen





Meet...

The Lunch Bunch

Story and layout by Kelly Clark



Every morning dozens of students head to the school cafeteria for breakfast and a chance to finish their homework. More and more students are starting to eat in the cafeteria, when in past years the number of students eating school food has dropped.

"We have about 200 more students eating in the cafeteria from last year. We can just hope that the numbers continue to grow," said cafeteria manager **Barb Shelly**.

There is a lot that goes into making food for high school students. Students have large appetites and need a lot of food for growing bodies, but the cafeteria workers still have to serve food with proper nutrition. Although they go through all that work to prepare food for the students, some still refuse to eat in the cafeteria.

"It's not like I don't like the food they serve, it's that I am a senior and I like to go off campus to get my lunch because I've been eating cafeteria food since kindergarten," said senior **Ashley Knight**. "It's nice to have the freedom to get away from school for a

while."

Cooking and serving food is not all the cafeteria workers have to do. They have many other responsibilities including: counting inventory, making sure the food is nutritious, cleaning up after the students, and ordering enough food for the number of students eating in the cafeteria every day.

"I'm glad they do all of that work for us. Without them, I wouldn't have any food to eat every day. I look forward to Fridays because I love that cheesy bread!" said senior **Mike Patrick**.

The cafeteria workers not only work long hours preparing food for the students in high school, they also provide food for surrounding elementary schools. The Downtown School is just one of the schools they prepare and serve food for.

"We make about 60 lunches for them each day. We transport them from East and serve the lunches," said cafeteria employee **Ellen Clark**.

The cafeteria employees work hard to fill empty tummies. Next time, say thanks.

"I'm glad they do all of that work for us, otherwise I wouldn't have food to eat everyday," said senior Mike Patrick



Faculty Not Pictured

Adam, Polly
Allen, Paul
Bramhall, Rollie
Brownsberger, Judy
Burgess, Kenneth
Copley, Helen
Cunningham, Fannie

Deaton, Fran
El-Baroudi, Samy
Gaines, Ruth Ann
Grimes, Marijo
Grove, Tina
Habhab, Jake
Harrell, Jodi

Heller, Thana
Hiveley, Ann
Howard, Andy
Johnson, Vanna
Luft, Jennifer
McFarland, Stephanie
McMurray, Chris

Mills, Betty
Morse, Greg
Murphy, Don
Nelson, Lorene
Oleson, Bill
Smidt, Carmella
Stahly, Dawn

Starcewich, Don
Strikler, Carolyn
Summy, Derek
Thompson, Stan
Waller, Bill
Wickersham, Jennifer



Do you ever watch an episode of *Dawson's Creek* and think that it's your life they're filming? Or sit down and watch the *Osbournes* and find yourself calling Ozzy "dad?" Does any member of the *Simpsons* remind you of yourself? Take this quiz to see which TV show is based on your life...

The Test

1

What is your idea of a perfect weekend?

- a. Going to a concert
- b. Spending time on the water boating
- c. Playing pranks and tee-peeing
- d. Taking a dare and completing a challenge
- e. Spending time with friends

6

Your favorite kind of food is:

- a. Popcorn
- b. Home cooked meal
- c. Butterfingers
- d. Ramen Noodles
- e. Pizza

2

What is your dream job?

- a. Becoming a rock star
- b. Work for the local newspaper
- c. Becoming a professional jack-ass member
- d. Star on a reality show
- e. To be associated with the entertainment business (actor/designer)

7

You love to wear:

- a. Anything black
- b. Tee-shirt and jeans
- c. Bright colors
- d. Sweats
- e. Designer clothing

3

The CD most likely to be found in your car is:

- a. Ozzy Osbourne
- b. Paula Cole
- c. The Jerky Boys
- d. MTV Mega Mix
- e. The Rembrandts

8

Your biggest faux-pas is:

- a. Swearing
- b. Complaining too much
- c. Stealing candy from the convenience store
- d. Fighting with everyone
- e. Being an airhead

4

The adjective that best describes you is:

- a. Rebellious
- b. Sensitive
- c. Funny
- d. Adventurous
- e. Popular

9

What does your room look like:

- a. Band poster on the walls, CDs and clothes scattered on the floor
- b. Room is always neat and clean, decked out in movie posters
- c. PlayStation, comic books and candy rule your room
- d. Small in size, but filled with unique memorabilia
- e. Pictures of friends hang on door and wall, decorating coordinates

5

You are most likely to be found:

- a. Shopping at MusicLand
- b. Driving around town
- c. Watching cartoons
- d. Planning your next road trip
- e. Talking with friends at the local "hot spot"



Your favorite color is:

- a. Black
- b. Blue
- c. Green
- d. Red
- e. Yellow



Design and Layout by Stacy Knight

The Scoring

Mostly A's: A scene from



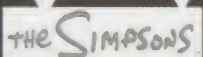
Your life is a big mess of chaos and your family is unique and very flexible. You love music and would like to pursue a career in it. You pride yourself on being different; following the crowd is so not cool. Make yourself at home, you're part of the family!

Mostly B's: Step into



You tend to be mellow and laid back. Your love life is a constant triangle and always consists of drama. You deeply appreciate friendship and enjoy your family and friends' advice. Welcome to the crew!

Mostly C's: A tale from



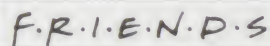
You love to be the center of attention and make people laugh. Your life is full of humor, excitement and absolute craziness. You take life as it comes and don't worry about fitting in. Your family has its own individual characters. None of you are quite alike, yet piece together quite well. Your spot is on the couch with Homer and Marge.

Mostly D's: True Member of



You are energetic and enthusiastic. Your life is much like the TV show... full of drama and interesting events. You enjoy hanging out with friends and aren't the least bit camera shy! There is a seat being saved on Winnie, just for you!

Mostly E's straight out of



You're the type of person who everyone likes and gets along with. You love being around people and life to you is always fun. You know what you want and have a good grasp on where you are headed. There is a seat for you in "Central Perk."



+ SENIOR

TRADITIONS

Seniors had many shoes to fill last fall, traditions that needed to be carried on and responsibilities that needed to be taken into consideration. Seniors were prepared to take charge during the last year of high school.

"I thought that it was fun taking over the senior bench and sitting there with pride gave me a great feeling inside," said senior **Stephanie Cozad**. "Sitting on the bench was a constant reminder that I was now a senior and I think that it's cool to have a bench dedicated to seniors."

The senior bench is just one of the many traditions seniors take charge of each year. Senior Survivor is yet another fun activity that has been around for a few years. The students that competed were required to collect \$200. They had to sleep at school for a week and had many challenges. The members were voted off one by one until the last remaining survivor was left the winner of \$500.

"It was exciting and something different," said senior **Valerie Blackford**. "It was neat getting to know all of the applicants a little more. Some of the challenges surprised me. They were really serious about making it hard to survive."

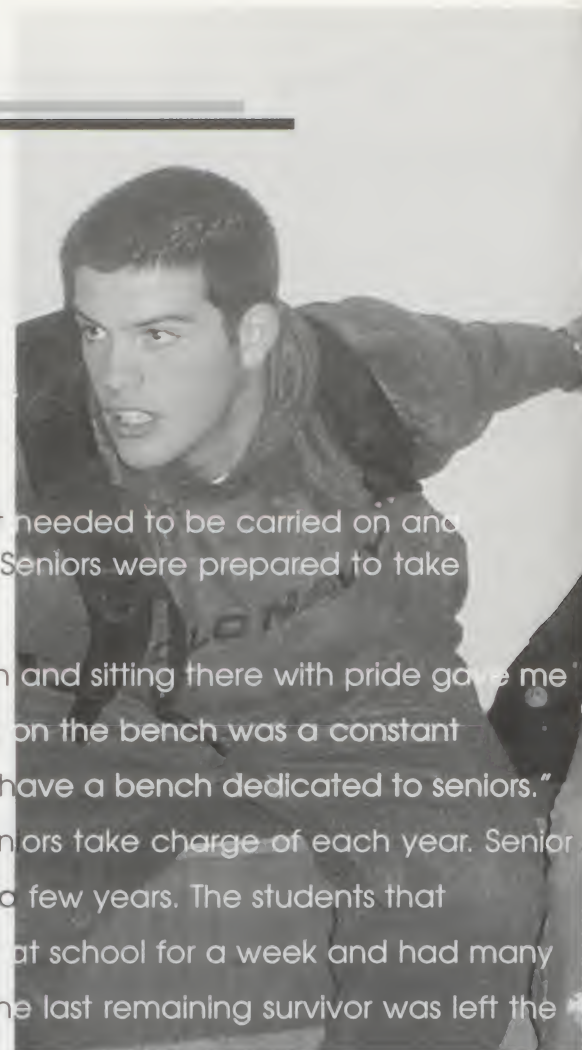
Some of the traditions came with a more expensive price tag. Senior pictures and dues for the cap and gown worn on graduation day were just two. Some worked hard during the summer before the school year to save up all that was needed and some had the support of their parents and family.

"It was really nice to exchange my pictures with everyone else and to see how theirs turned out," said senior **Matt Daugharthy**. "I paid for them on my own, so it was a good chunk of my money that I had saved, but they turned out well and it was worth it."

The key to keeping traditions alive year after year is the motivation of the new seniors to get involved. Many to-be seniors feel they will definitely make sure the traditions are better than ever.

"I plan on getting on Senior Board and Pep E Board to help plan anything and everything that I can," said junior **Chelsea Peterson**. "I think that it is important to get involved because that is what high school is all about, especially during your senior year."

—HEATHER RILEY





As Eric Radley goes on his daily hugging spree, Val Blackford becomes the lucky one, and Matt Daugharthy escapes the same fate. Below, Dusty Shandri, Jeremiah Vincent, and Nate Nissen hang out in the back of a pickup truck while they wait for their hamburgers to grill. Tailgating was another senior tradition carried on last fall.



Making themselves at home, seniors Kelly Clark and Morgan Post lay back in front of the senior bench after an exhausting day at school. The senior bench extends through the entire hallway leaving plenty of room for everyone. At Right, the senior bench sits empty and waits patiently for first lunch to begin.



SENIOR YEAR pictures



Amy Heggen



Jayme Wetzel



Kellie Polland



Diana Phomvisay



Marcus Nece



Nate Nissen

Are You Bored?

Story and layout by: Amber Zenor

A new sensation is sweeping idle teens' computers across the nation. The growing phenomenon known as www.bored.com is becoming the one of the most popular websites to teens.

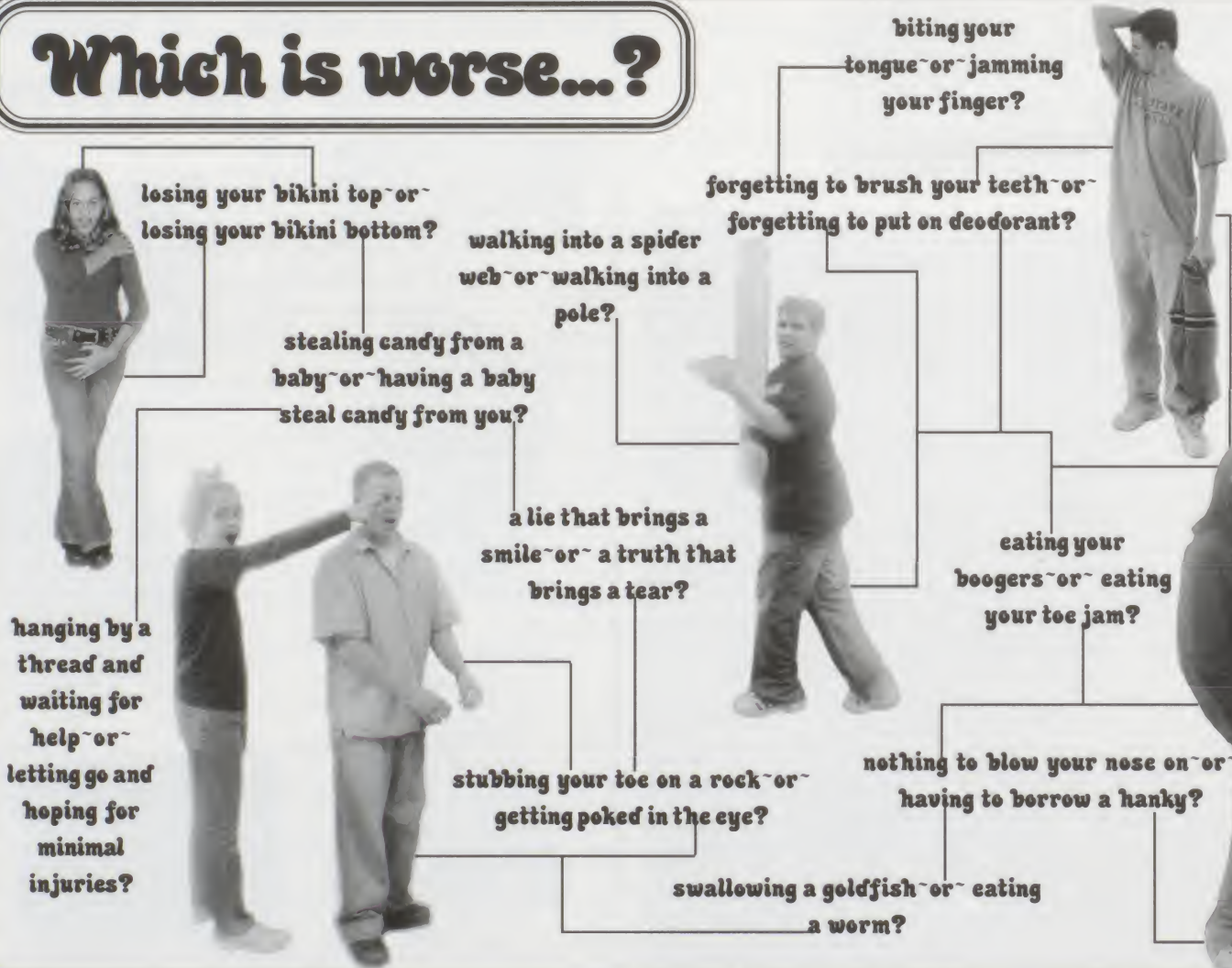
With links to all kinds of sites, such as one that tells which urban legends are true, finding out whether some one has a crush on you, and being able to check your horoscope daily, just to name only a few of the many, there's no wonder why so many people spend their time here.

Want to find out if some one you know has a crush on you? They've got it. Interested in knowing the answers to life's most stupid questions? Find out here. Want to earn some extra cash, online? Do it here.

"When you have nothing better to do" go to www.bored.com, with "links to the most interesting sites on the Internet".

Photojournalist: Amber Zenor

Which is worse...?



Crazy Thoughts

What should you do when you see an endangered animal eating an endangered plant?

Can't anyone go in the doors with the 'EMPLOYEES ONLY' signs at restaurants?

Shouldn't they be more specific and say 'EMPLOYEES OF THIS PLACE ONLY'?

Why does the label on children's tricycles say to not operate heavy machinery or vehicles, when it's for children?

If your name was Will, and you were in the Army, would you get nervous if they said 'Fire at Will'?

If you wore a teflon suit, could you ever be caught in a sticky situation?

If Milli Vanilli fell in the woods, would some one else make a sound?

Why is it when you're driving down the street looking for an address you turn the radio down?

If your feet smell and your nose runs, are you built upside down?

If you could walk through walls, wouldn't you fall through the floor?

Would a fly without wings be called a waik?

Do they re-use body-bags, or do they just throw them away and get new ones? The people using them don't really care anyways.

If I think, and therefore I am, am I just a thought?

If you don't pay your exorcist, do you get repossessed?

Do sheep get static cling when they rub up against one another?

Quotes, Sayings, Pickin' Lines, Words for Life

A friend is someone who is there for you when he'd rather be some where else.

"I have opinions of my own- strong ones- but I don't always agree with them." former president George Bush

You've got something in your eye. Oh, nevermind, it's just a sparkle.

"Life isn't about finding yourself. Life is about creating yourself." - George Bernard Shaw

"Get to go to a lot of places overseas, like Canada." Britney Spears

You never really learn how to swear until you learn how to drive.

Life is what happens when you're busy making other plans.

If you're not living life on the edge, you're taking up too much space.

When one door closes another door opens; but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us: Alexander Graham Bell

Can't live without . . .

Design & Layout by Stacy Knight

IN TODAY'S ERA WE HAVE THE LUXURY OF HAVING ALMOST EVERYTHING WE WANT RIGHT AT OUR FINGERTIPS. WE CAN START OUR CAR WITHOUT GOING OUTSIDE, WE CAN ORDER CHRISTMAS GIFTS THROUGH OUR COMPUTERS, AND WE CAN EVEN CALL SOMEONE WITHOUT PRESSING A SINGLE NUMBER! WITH ALL OF THESE CONVENIENCES, IT'S QUITE HARD TO IMAGINE LIFE WITHOUT THEM.

SOME THINGS HAVE LEFT A GREAT IMPACT, SOME HAVE MADE LIFE EASIER, SOME HAVE MADE IT WORTH LIVING AND OTHERS HAVE MADE IT POSSIBLE TO LIVE. WHETHER IT IS YOUR CAR OR YOUR FAMILY, SOME THINGS SEEM IMPOSSIBLE TO LIVE WITHOUT. WHAT'S YOUR IRRESISTIBLE MUST-HAVE? EAST STUDENTS SPILL ON WHAT THEY DEFINITELY COULD NOT DO WITHOUT!

Life would not be the same without my Ernie I love him!

~ SENIOR ~
BETH WIDLUND



I am a bagel fanatic. I could not go without them or S'more pop-tarts.

~ SENIOR ~
GADE HIBBEN



I cannot go without an ice-cold Frappachino and Ben & Jerry's Half-baked ice cream! I love them both!

~ SENIOR ~
SARA NEER



I could not go without a pool, I love to swim!

~ SENIOR ~
ROSS HESSELTINE



My fan! I cannot sleep without it.

~ SENIOR ~
JEREMY YOUNG





~ SENIOR ~
MEGAN LOGAN

I could not go without my piercings and my LE superlow jeans. I wear them like everyday!



~ SENIOR ~
GARRETT HAGGINS

I could not have done without Coach Drants. He has given me so much inspiration.

Lasting a Lifetime *Senior's Memories*



Tisha Rivas

The time I got in a fight with my best friends. It was one of the worst memories in my life, I will never forget that.

It was the first day of my freshman year, I had to swim in gym. Gabe Hibben and I walked towards the pool just as a huge bubble came out of the drain. The teacher said it was a rare event to see. We said we weren't getting in the pool.



Jared Graeve



Neil Hall

I'll never forget class election day. We all had to give speeches on what we'd do in our office position, but Ben Tharp's was the best. I never laughed so hard. He's definitely one of a kind.

Jacob Cirksena



The Lip Sync Contest (2001). I can't seem to get the Marilyn Manson act out of my head! It was funny and scary at the same time!



....Girls! And of course I gotta have food!



Viva Las Vegas

homecoming Dance 2002

2002 Homecoming Court



King



Queen

Adam Bolander
Neil Hall
Anthony Renfro
Jeff Zelenovich

Amanda Armintrout
Emily Brandt
Aimee Munoz
Beth Widlund

Juniors: Trevor Jones and Staci Owens
Sophomores: Richard Bolden and Amanda Christy
Freshman: Nick Eaton and Jenna Grumm





Don't let the sweet faces fool you!

Senior **Amanda Armintrout** and junior **Thytha Inthavong** are taking a break from the craps table (1); the football players are ready to tear down the house after the assembly (2); juniors **Laquana Mitchell**, **Inthavong**, **Reeio Sumabat**, and **Teara Rice** grind...er...dance the night away (3); and juniors **Randy Chounlamountry** and **Angel Chantavisouk** groove to the DJ's beats (4).



1



2



3



ny bets on the East High's "Las Vegas" homecoming dance being a triumph hit the jackpot.

All of the hard work put into the dance was well worth the effort.

"This year was a tremendous success at all levels," said student government sponsor **Samy El Baroudi**. "Ticket sales were near 900, giving us funds to help improve the school for the rest of the year."

Planning started during the remaining few weeks of school last year. It was the dedication of the students that put on "the show."

"I was very proud of the group we had working on this year's dance," said El Baroudi. "For every meeting we had close to 20 kids there to help."

The "main man," senior **Alex Ung**, put in hours of manual labor, along with help from his fellow committee members. Most of the decorations used in the gym, student center and cafeteria were hand-made.

"I think everyone who helped with the decorations did a great job," said Ung. "They were always there when we needed them."

Not only did many hours go into decorating, but also time and precision were needed in the counting of the 2002 Homecoming court ballots. The court consisted of seniors **Adam Bolander**, **Neil Hall**, **Scott Phaydavong**, **Anthony Renfro**, and **Jeff Zelenovich** on the boy's ballot.



"I felt like I was dreaming."

Senior **Holly Hedberg**

For the girls, it was seniors **Amanda Armintrout**, **Emily Brandt**, **Holly Hedberg**, **Aimee Munoz**, and **Beth Widlund**.

"The part that takes a tremendous amount of time is setting up the ballots and nomination forms," said El Baroudi. "It's amazing how lousy some of our students' handwriting is. I think we're training a group of doctors!"

King and Queen this year were **Phaydavong** and **Hedberg**. Both were announced at the Homecoming assembly and honored at the football game that night.

The anticipation of who the MC **George Davis** will announce as the winner is always nerve-racking. Although once he does, it's a dream come true for two of the candidates.

"I felt like I was dreaming," said Hedberg. "I kept thinking I was going to wake up!"

The King, though, had a different look at his "crowning."

"The first thing that came through my mind was 'Why do I have to wear that ugly crown and Holly gets a nice tiara'," said Phaydavong.

Student government succeeded in their goal to make it a night to remember.

"I had a great night dancing and being with my girlfriend and friends at the dance," said Phaydavong.

"I think all of our effort paid off," said Ung. "People were really excited to be there."

-Story/layout by Shannon Michelson

A Moment Like This

Story and Layout by:
Heather Kilby

After weeks of planning the winter formal 12B and hours spent decorating at Hoyt Sherman many were left wondering if all the hard work really paid off.

"There were only about 30 people there," said senior hostess **Mandy Ulmer**, one of two chairs of the event. "I think that the Christmas break held us from advertising the dance as much as we could have."

The dance was student-operated. The school offers no funding and all of the money is raised by the hostesses. The dance is also chaperoned by parents of the students. Tickets were \$10 and sold only for a few days prior to the dance, which was held on Saturday January 11.

"Planning took a lot of time and organization," said Ulmer. "We were struggling to come up with the money, but we did it and we held the dance in a beautiful room and we got to hire an impressive DJ, too."

The number of girls interested in being a hostess decreased this year. This made fundraising difficult and gave the girls more responsibilities. The hostesses each sold candy to raise money and each of them also paid the traditional \$25 fee to participate.

"I don't think that the hostesses were as involved and hyped to plan the dance as they were in previous years," said senior **Emily Brandt**. "That is what hurt the ticket sales, but we still had a great time and Ake videotaped the entire 'behind the scenes' of the dance. Afterwards we all had a great time dancing at club static."

The DJ made a deal with the hostesses to make the cost cheaper. He performed for only \$200, down from the usual \$1,000, and in return the hostesses gave him email addresses to help promote and advertise his business.

"He was really good about helping us out as far as money went," said senior hostess **Holly Hedberg**. "He was sort of a 'friend of a friend' and that was good on our part."

Although the dance wasn't as good as expected, it was easy to entertain the small crowd. Many said the night wouldn't have been the same without the DJ that was hired to entertain.

"I thought the DJ did a good job with entertaining everyone," said junior **Jenny Carr**. "He's used performing for larger crowds, but having a smaller crowd let him be himself."

One aspect many students felt went perfectly was the impressively dressed attendees. A few groups of friends wore identical formal dresses and tuxes to make the night more interesting. Like always, there were some dressed up in bright colors and glitter, while others kept the classy, yet unforgettable, look.

"The guys and I had on our impressive matching white tuxes," said senior **Mike Chumbley**. "That was our highlight of the night. The ladies liked our look too, of course!"





What did you love about being a 12B hostess?

Blue

"The decorations looked great and the tables were beautiful. It wouldn't have turned out so great without the help of Mrs. Ulmer. She really put a lot of time into it."



Silver

A

Senior Hostess Molly Hedberg



"At first the dance was awkward but when the pace picked up and everyone began to dance and have fun, I realized that all of my work as a hostess was worth it."

Senior hostess Amanda Ulmer

M

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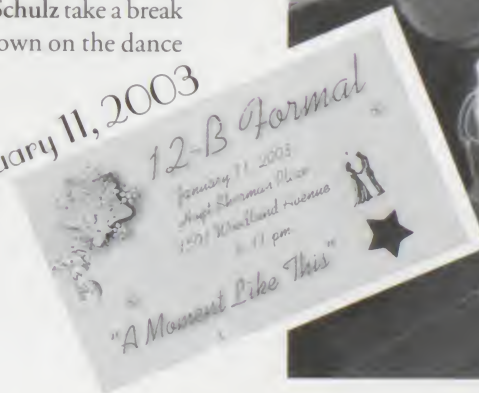
H

M E N T L I K E T

Producing a documentary of the dance, senior Ake Phetdavieng shoots the drive on the way to the Hoyt Sherman Place (at right). A group of friends huddle together for their formal picture at the dance (far left). Seniors Garrett Hagins and Brian Schulz take a break and cool off after getting down on the dance floor (below).



January 11, 2003



Paradise Island

Story/Layout: Tasha Hiatt & Chamee Lee

Hawaiian shorts, flower dresses, a hula hut ellipses, so what do these three things have in common? Spree, of course! This year's theme was "Welcome to Paradise City."

"All the students decided to come to Pep-E meetings in the morning to decide on a bunch of themes, and then they voted on one," said sponsor and teacher **Krista Womble**. "Under the Sea" and "60's" were some of the themes, but they decided to go with the paradise idea.

"The theme this year was hard to think of," said sophomore **Samantha Smith**. "We had to think of something that we had never done before."

Smith has been in Pep-E club since she was a freshmen. She is on the Pep E board and was involved in the planning of spree.

The dance was held on Saturday, February 8, in the cafeteria and student center.

After entering the door to the student center, a lei wreath was put around each student's neck.

A highlight of the night was the karaoke machine. Anyone could sing along with the music and lyrics on a computer screen.

"Karaoke was a lot of fun," said junior **Darrin Williams**. "It felt like I was the only one singing

the whole night."

Down the steps from the karaoke machine was an altar. Students waited in a line to be married by teacher **Derek Lounsberry**.

"Samy El-Baroudi is the one who usually does the marriages," said Lounsberry. "This was my first year doing it and it was a lot of fun."

Past that was the concession stand with punch and cookies. On the right was the entrance to the hula hut. At the end of the hula hut stood two giant totem poles. Four tables and chairs

lined up along the wall were available for resting.

The DJs in the back of the room were playing hip-hop music as the students got on the dance floor.

"I like that they played a variety of songs," said sophomore **Nick Bannor**. "I liked 'Dirrty' by Christina Aguilera because it was upbeat and fun."

The dance lasted from 8-11 p.m. but many students had already left by then.

"It took us two months to plan the dance," said sophomore **Crystal Antelman**. "I had a lot of fun planning it."

"I really like the decorations. I thought that they were a nice touch to Spree."

Sophomore Kelsey Brooks

Mrs. Hanna, Mrs. Stahly, and Mr. Rouke do a trio performance of "In the Jungle" while students watch and laugh along.



Students got their 'grooves on' on the dance floor as they danced to the Cha-Cha slide. Anyone can dance to it, even if they don't know how to dance.

What did you like most about Spree?



Brandon Jasper

"I like dancing with the chicks.



Nichole Garrison

"The best part about Spree is that I got to dance with Kenny Flemming.



Christina Brooks

"Even though someone else was wearing my dress, I still had fun.



Kenny Flemming

"I liked the music and the dancing.




Clista Hazelwood

"It was fun dancing with people I didn't know.

early beloved, we are gathered here today to witness... the various unions of East high students! One of the most popular features of the dance evening was a marriage booth where teacher Derek Lounsberry performed ceremonies for "love-struck couples."



Student show off on the dance floor as he does his moves. Excited students gathered around him to watch.



East High without its organizations would be nothing at all. Like the layers of paint that create a masterpiece, there are layers of organizations that make up the masterpiece that is East High.

Organizations

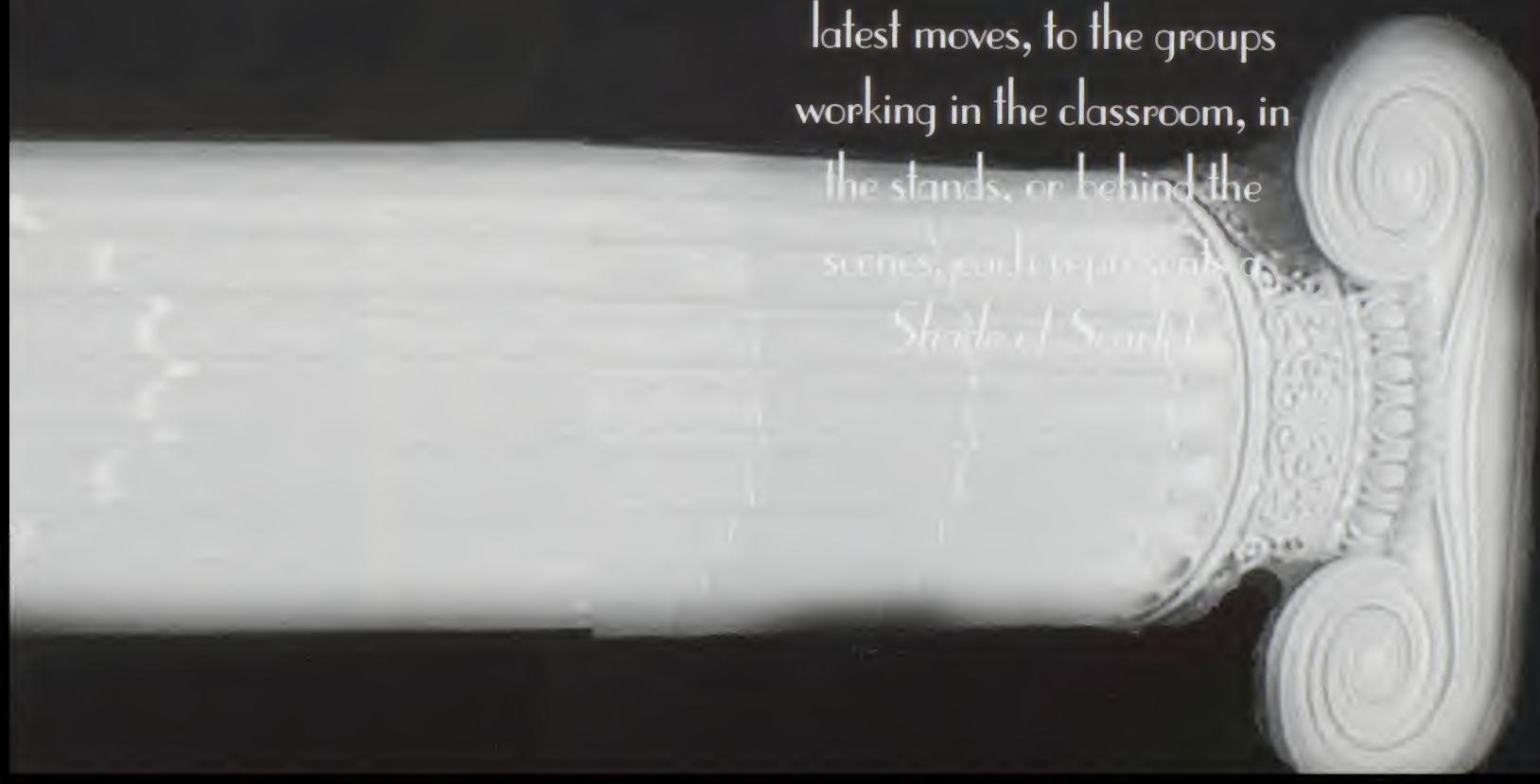


Joining the Gray

In creating a masterpiece, dedication, commitment, and desire are needed. East High has the exact ingredients to get the job done. Every one of the organizations adds a little more color to the everyday life of East and its inhabitants.

Without them, life would be
a little more gray.

From the performing groups that dazzle crowds with their latest moves, to the groups working in the classroom, in the stands, or behind the scenes, each represents a
Shadow of Something



WE'VE GOT PEP THAT'S

DYNAMIC

W

Design & Story by Shannon Michelsen

Without a doubt you will always find a crowd of unruly, boisterous students filling up the floor seats at every assembly. These dedicated, dynamic students are the members of the East Pep E Club. They earned their access to these front row seats with the dollar they paid to get the sticker on the back of their ID's.

"The skimpy dollar you pay is well worth the awesome, reserved seats you get all year long," said senior **Brandy Budd**.

Being part of this organization isn't just about getting a better chance of catching the glow sticks the Colorguard throws out at the Homecoming assembly; it's about dedication and hard work.

"We have a great group this year," said sponsor **Stayce Lounsberry**. "Even though several of them are very busy, they still are dedicated to Pep E and the activities we do."

Some of the activities included the annual Spree dance, the Homecoming spirit chain, and providing EHS athletics with support and reinforcement. The group met once a month, depending on what was occurring at the time.

"Our meetings were very laid back," said Lounsberry, "although we covered a lot of material."

Teacher **Krista Womble** is also a sponsor. Pep E is in charge of producing the Spree dance. They decide the theme, decorations and date.

"We're getting ideas through a poll as to what theme we will use," said senior **Chaneze Jackson-Spencer**.

The members wanted the event to be one that East students will appreciate and enjoy.

"Dances are put on for the students, so we want the students to have a good feel on what the dance will feature," said Budd.

Homecoming was another big dance the Pep E Club was a part of. They were in charge of collecting money and names of students who wanted to be a link in the Homecoming chain. This year the organization awarded gift certificates to the winners.

According to Lounsberry, a number of spirit strips and buttons were sold this year.

With all of the success that our football team had, the members put together "care packages" for each football player for their bus trip to Mason City. They also decorated the bus for them.

"It was so impressive how the guys did this year," said sophomore **Samantha Smith**. "It was great to be a part of it and show our support for them."

"Our students put in great effort to pump the boys up for their big game," said Womble.

These students could be found on the playing field or in the stand firing up the crowd; either way they were there showing the community what Scarlet Pride was all about!





Now & Then



"We had fundraisers like the 'Give From the Heart' car wash. We washed over 200 cars and made over \$5."

- Alum William Auster

- Pep E Club members from 1968 cheer on their varsity basketball team.

"To be a cheerleader, Stepper, or in Color Guard, you had to be a Pep E Club member first."

- Alum Darlene Michelsen



- Over 400 girls wore their official Pep E Club uniform to school on game days and to the game.

organizations

"At football games you always saw a flood of red with all of the students wearing their uniforms. Being a part of Pep E made you really feel like a part of East High School."

- Alum Darlene Michelsen



Excited students get pumped for the first game of the football season. Soon they charged the field due to their team's success (1)! These girls are ready to head out for Winter Break. They've got the holiday spirit (2). This Pep E board member is planning for the annual Spree dance. Senior **Brandy Budd** was an asset to the program's planning (3). Home games at East got pretty rowdy. These boys are definitely ready for some football (4).



"Government is an important factor in our nation and our world, as well as in our school,"
...Senior Sarah Ramus

These seniors were all a part of the prom committee. The committee branched off from the Senior Board and met Thursdays at 7:15 before school. They planned the location of the dance, the music, tickets, post-prom and more.



Many students had a great time at the Homecoming Assembly. The student government worked hard to plan the dance that took place on September 28th.



Some facts for you...

Senior Board met once a month at 7:15 a.m. to discuss senior issues.

The board breaks down into committees because of its large size.

A list of some of the committees are:
Prom Committee
Class Day Committee
Senior Shirt Committee
Senior Breakfast Committee
...and many more!



A word from the seniors...

"I think kids should be on senior board so they can have a say in their graduation. It's a special year and they should take pride in it," said class president **Gabe Hibben**.

"Senior Board is cool because we get to be involved in all the senior activities and we get to plan some of them," said class treasurer **Ben Tharp**.

"I'm glad I'm on the board because it's fun to be involved. I like being a part of such a big organization, especially one that is so important," said senior **Neil Hall**.

LENDING A HELPING



Above, a student has blood taken for the blood drive the student government put on. Below, senior **Alex Ung** ponders important decisions. He was treasurer of student government and vice president for Senior Board.



Senior **Ao Vang**, below, is in deep concentration. She is president of the student government and was a member of the group for two years.



Design & Story by Holly Hedberg

Students that like to offer their time and help out others were given the opportunity to do so in Student Government. The group had about 20 active members and was constantly planning events.

"We held blood drives, food drives, handed out Thanksgiving dinners, and had a bowl-a-thon for cystic fibrosis," said coordinator **Samy El-Baroudi**.

The organization met whenever possible to plan events and the biggest was Homecoming.

"My favorite event was Homecoming. We got a lot of participation and raised enough money to pay for the dance and some to spare for events throughout the year," said president **Ao Vang**. "I've been a member for two years now and I really enjoy it; it's a lot of fun."

But members agreed that after Homecoming, there was a lack of participation.

"After Homecoming, many people quit, because that's the only event they wanted to participate in. It was hard to get members together for meetings and our biggest challenge was lack of members," said treasurer **Alex Ung**.

The group's biggest achievement was helping to raise money for a family that was going through a crisis.

"A freshman was hit by a car and seriously injured," said senior **Tiffani Byrd**. "He was lucky to be alive, but was suffering from serious injuries and had to stay in Iowa City. We held a fundraiser and matched what the students donated. The total was about \$600 and we were glad. It was right before Christmas and the family had to drive back and forth from Des Moines to Iowa City, so we think the money helped out."

The Senior Board was another important organization. The Senior Board members met once a month to discuss a variety of things dealing with seniors, such as prom, class flower and color, and graduation arrangements.

"We vote on the colors and flowers and stuff. Usually everyone agrees so things go smoothly," said senior **Ben Tharp**.

Board members could have only two absences before being removed.

"I take attendance and keep track of everyone. Usually everyone was responsible and came to meetings, unless they had a good excuse," said senior **Val Blackford**.

Senior Board was an important organization for seniors to have a hand in their graduation arrangements.

"I felt good being on the board. I got to make choices and know what was going on," said senior **Sarah Ramus**.

VOLUNTEER GROUPS DO GOOD

Hanging on the wall, this Key Club banner is used to represent the EHS club at special events.

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Design & Story by Oudaphone Tran

Whether it's raising money or volunteering to improve the community, members of Key Club and National Honor Society (NHS) are ready to help the school and their club.

"I love being in Key Club because it gives us a chance to travel and meet new people," said President **Lewis Grim**.

As volunteers, Key Club members gave up their time on weekends and holidays to try to raise some money for trips to places like the Holiday Social in Kansas City where they meet other Key Club members from around the nation and other special events that they go to.

"Every now and then we get something donated to us by people and we use it to raise money for the club," said Co-Vice President **Jeff Garretto**.

Going on trips and doing fundraisers weren't the only activities that Key Club did. They sometimes organized fun events where they got together and just had fun getting to know the new members and give out awards.

"Sometimes we had potlucks where everybody brought something that they cooked or made at home and had a party to recognize the members for helping picking up trash around the school," said Co-Vice President **Jessica Swinehart**.

To join, a student had to talk to one of the members or the sponsor, and show up for one of their meetings to get to know what Key Club is all about.

"I try to persuade some of my classmates who I think would do well in Key Club and have them come to one of our meetings to get to know what it is we do in the club," said Lieutenant-Governor **Josh Young**.

Key Club doesn't just have fun and parties all the time; they do some pretty serious things like planning for their next project and who should or should not go to the events.

"At almost every one of our meetings, we have serious discussions about what we should do for our next big project and how many hours each member put into helping out with the activities," said sponsor **Deborah Peterson**.

NHS is another organization that has fundraisers and volunteers that help the community like the way Key Club volunteers.

"The opportunity to be in NHS is only given to those who earn good grades and excel in their school work," said NHS sponsor **Linda Saddoris**.

Every year NHS helps out with the Teddy Bear Drive and received and donated over a hundred stuffed animals for little children who can't afford them and for those without for the holidays.

"Giving away stuffed animals to the children makes me feel good about myself," said junior **Brooke Brumley**.



Members of Key Club gather around the front of the room to hear from their president about upcoming events and their next assignment.



Paying close attention, sophomore Christina Anderson listens in on the announcements made during the meeting by the club officers.



Say What?



“ I like being in the club. I remember when I first joined, I was pretty unsure of what the club was about.”



“ Key Club gave me the opportunity to be a part of something that gives back to the community. ”

Getting ready to start a meeting (at left), juniors Jeff Garretto, Josh Young, and Carlos Patino go over their agenda with their sponsor Deborah Peterson. Key Club has their meetings every Monday after school.

What have you learned?



I learned respect for myself and others because of all the positive attitudes that the other girls had.

~ Junior Recio Sumabat
Sisters for Success

Being in the group helped me to not make so many racial jokes. Now I take the jokes seriously.

~ Junior Angel Chanthaviscuk
Leadership Council



I learned the problems that little schools have that I never would've thought they went through; it opens my eyes to others.

~ Senior Junior Ochoa
Voices of Change



One of the exhibits observed was a 1969 Ford. Voices of Change students visited The Historical Building on Friday, January 24, for Education Day. They said that one of the most interesting exhibits were the cars.

Excited to be touring the Historical Building, students from Leadership Council jump at the opportunity to get a picture in front of the introductory wall for exhibits.

Sisters for Success junior Hazel Grace, at far right, lends a helpful hand to underclassmen that need help with homework. The new group has been so successful that every high school in the district adopted the program.



VOICES FOR

DIVERSITY

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Design & Story by Thyta Inthavong

hen students hear about Leadership Council (LC) and Voices of Change (VOC), they think one thing, diversity. By joining, they feel they are making a difference in others' lives. The two groups are for anyone who wants to solve equity problems in the school.

"I think these groups are a big help to the school and other schools," said senior **Neil Hall**. "I noticed that there are fewer racial problems going on. Now we all love each other!"

LC was started in 1994 by teacher **Ruth Ann Gaines** when East had racial troubles and a year later VOC was started.

"They were formed to address diversity," she said.

When a student joins VOC they are automatically in LC. The difference between the two is VOC acts out skits and LC talks to an audience. VOC and LC both deal with issues like racism, sexism, drug abuse, teenage pregnancy and violence.

"Personally, I liked talking about racism and violence because now I know more about them," said junior **Laquana Mitchell**. "I have more knowledge on those subjects."

In past years, VOC traveled more to schools across the state to teach other students about diversity, but Gaines said that traveling has altered since Principal **Tom Lee** came.

"We want students and teachers to be in class for better learning," said Lee.

A goal for the groups is to teach others how to get along and how to accept differences. That is how the group Sisters for Success was created.

"I'm glad that we have this group because I wasn't getting along with some of the girls," said junior **Teara Rice**. "Now I get along with all of them."

Sisters for Success was formed to improve the relationships between African-American girls. It has been such a success that every school in the district has one.

"It's good that the program has been adopted district-wide," said senior **Veronica Reed**. "What's even better is that we started it at East."

Sisters for Success talked about issues that concerned African-American women. According to Gaines, their goal is to get along, support each other in every way possible, and to become friends.

"Things are getting better because of the groups. We grew out of issues in the student body," said Gaines. "We have improved and continue to work on it."

According to senior **Junior Ochoa**, being in the VOC taught him many things, like the problems that little schools are having.

Senior **Katie Rogers** said, "It helps to understand other people; you can see where they are coming from and the problems they are having."

From joining the groups, students learn how to appreciate others. They are expected to learn self-respect for themselves and others.

"It was an eye opener for me being in VOC," said junior **Charlie Reese**. "I can see the difference that a group can make in individual lives."

STUDENTS BOUND FOR

SUCCESS



Design & Story by Alicia Alvarez

Upward Bound (UB) invites 18 students to go away for the summer to Central College, Simpson College, and DMACC for a six-week college session each year.

"UB is a good place to keep your mind stimulated," said junior **Chris Ratliff**.

Before students can go to the college sessions during the summer, they have to be accepted into the program by filling out an application and giving an interview.

"It gets very nerve-racking after the interview because you wait two weeks or longer," said senior **Ao Vang**. "I opened my letter and it said 'congratulations you have been accepted,' I was so excited."

To keep the UB students busy after school, **Jaymie Blair** and **Veronika Blechova** (activities directors at Central College) had many fun activities planned for the students to participate in. They had cultural events, speaker nights, volunteer work, physical education (IM night) and hanging out with college students.

"I really liked the activities that went on," said junior **Somwong Kittikoune**. "They really helped me get to know a lot of people."

The UB students received \$15 for a weekly allowance, or stipend, for going to their classes, not missing any assignments, and, if gone, had an excused absence for not being there.

"Stipends really come in handy when you need some extra change for something you need," said junior **Christopher Kayser**.

After the summer program the UB students go back to school still looking towards \$30 a month and tutoring if needed. Other activities that also go on are attending plays at the Civic Center, such as "Riverdance," or visiting Central College for ACT preparations, bowling, reunions, football games, and the spring field trip.

"The students primarily get help applying to college. They also improve in studies," said Central College sponsor **Nancy Christy**. "They get all expenses paid for trips to visit colleges and bond with other students."

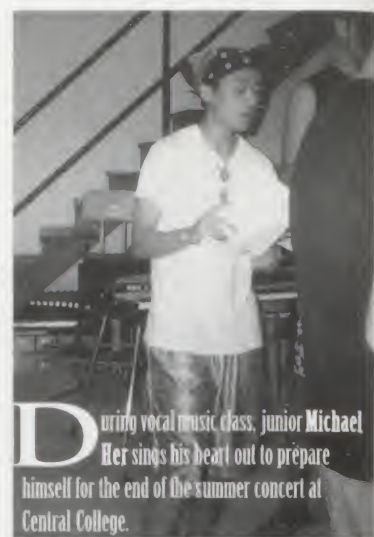
While UB is having fun with exciting and interesting activities, Science Bound is juggling their time and energy for a free tuition to Iowa State University.

Science Bound is a group of students that are under represented minorities in math or science at the college level. The students are selected in seventh grade and start in eighth grade.

"Sticking with the program will help me get a scholarship when I get out of high school," said junior **Reeio Sumabat**.

Science Bound met every Tuesday and went on occasional field trips to the hospitals and Wesley Woods for a campout experience. Every other year, SB also goes to Chicago to see the aquarium, zoo, and the science center.

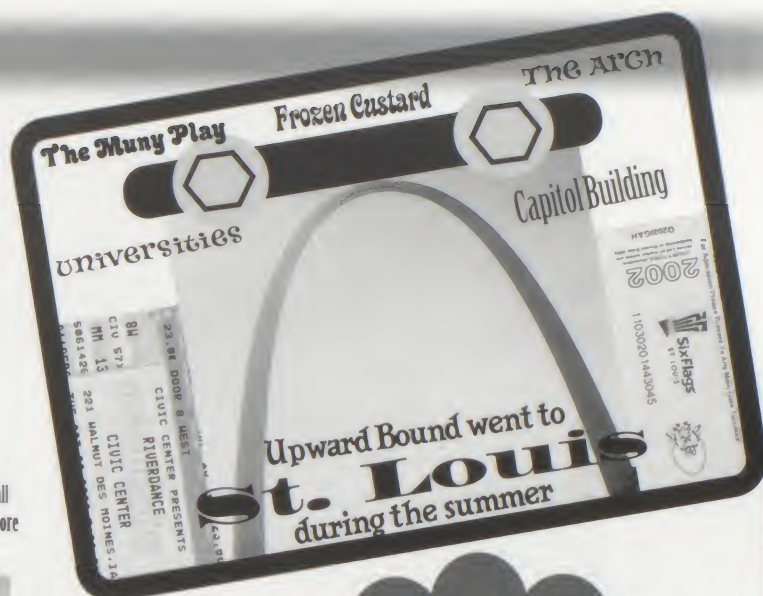
"It gives us an opportunity to learn and a reason to succeed," said junior **Brinden Kelly**.



During vocal music class, junior **Michael Her** sings his heart out to prepare himself for the end of the summer concert at Central College.



In front of the Science Center in St. Louis, the UB students take their time getting to know the city. They take a vacation somewhere new at the end of every summer to Minneapolis, Chicago, or Kansas City.



SCIENCE



Preparing for hypnotist, juniors **Chris Kayser** and **Alex Kittikoune** jump for joy as they psych up for the hypnosis. Entertaining a small crowd at Central College (below), sophomore **Jeff Moore** grabs the mic and sings along to the music.



THEY WORK HARD FOR THE



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Design & Story by Casey Dawson & Katie Lown

hen you think of Business Professionals of America (BPA), what is the first thing you think of? Competitions and contests are probably not the first thing, but they are an integral part of BPA.

This year, East students competed in four different events each at Regionals. Two of the events were objective, meaning they were written tests that were taken at East; for the other two, the members of BPA had to travel to AIB (American Institute of Business).

"East competed with about 40 students from Ankeny, Lincoln, and Newton high schools," said sponsor **Mary Jane Kaldenberg**.

"[The competitions] are fun and you get involved with a lot of different people from different schools, that's my favorite part," said junior **Heather Hill**.

BPA members said they like competing and using the computer skills they learn in their Office Education class.

"I liked the competitions. They were exciting and the contests we participated in were fun," said senior **Linda Keo**.

Senior **Amy Kern** said she liked the variety of divisions that were available.

"Plus, we get to compete against about 400 people at state," she said.

Areas of competition include information technology, financial services, and graphic design.

BPA members use the skills they learn in school and apply them to the jobs they have in the professional community. A lot depended on each student's job. First of all, getting and keeping a job is required to receive full credit for the class. The students were also occasionally evaluated while they were at work.

"One of the goals of the competitions and the program in general is to get us involved and interacting with other people in the business world," said Hill.

BPA also participated in a variety of other activities throughout the year. Some of the activities included attending the Fall Leadership Conference, participating in the Adopt-A-Family program and welcoming East's new teachers.

Hill, Kern, and other students spent time preparing for the contests by reviewing tests from previous years.

Kern said training from her job at Principal Financial also helped.

So how did this year's club measure up?

"East traditionally does fairly well in the competitions," said Kaldenberg.

This year was no exception. East students had ten podium finishes this year at Regionals, half of them first places.

"I was very happy with the results this year," said Kaldenberg.



A Day in the Life of a BPA Member

Being a part of Business Professionals of America (BPA) is no walk in the park. Senior **Cassandra Killinger**, a member of BPA, can vouch for this. Although a lot of teenagers aren't too excited at the idea of getting a job, in BPA, it's required. Killinger, like other BPA members, must divide her time between school, extra activities, a job and homework. Here's how she manages it.

6 a.m. – While many kids are still sound asleep, Killinger has been awake for a while. She is a member of Steppers and must go to practices every Tuesday, Wednesday and Thursday. Each practice lasts until 7 a.m.

7:40 a.m. to 12:40 p.m. – Killinger attends classes, including the Office Education class, which students are required to take in order to be in BPA.

12:40 p.m. – Killinger is done with classes, but now she has to head off to work.

1 – 4:30 p.m. – Killinger

clocks in at a local school. She works there Monday through Friday doing data entry and filing. A job is a key part of the Office Education and BPA program.



After she is done working, Killinger must dive into a mound of homework. The academic history of each student is an important factor that teacher and sponsor **Mary Jane Kaldenberg** considers before accepting candidates. Grades and absences tell her a lot about the responsibility of a certain student.

"If a student has a good attendance record at school, it shows me that he or she is responsible enough to show up for a job every day," said Kaldenberg.

Despite not having much extra time left on her hands, Killinger admits that she still enjoys being a part of BPA.

"It takes a lot of hard work to adjust and keep up with everything," said Killinger, "but in the end, it's worth it."

Seniors Joe Russell and Amy Kern (at top left) relax at sponsor **Mary Jane Kaldenberg's** house. Kaldenberg's Christmas Party is an annual event for the BPA group.

Juniors Molly Heggen and Christy Lem (at far left) display the presents they bought for Adopt-A-Family. BPA participates in the program every year. At left, BPA members seniors **Cassandra Killinger**, **Amy Kern**, junior **Angel Chantavisonk** and senior **Joe Russell** take a break from competition. East had five first place finishes this year at regionals.





After winning their world conference a year ago, the DI team of 2002 posed with a proud EHS Principal Tom Lee, at left. East's team competed against other schools from all over the world.



“I was really proud to represent EHS at the world conference.

Sophomore Patrick Suggett



“I was excited about defeating the other teams in the district.

Junior Harmony Gregg



Getting ready for their next meet, AD sponsor **Maureen Griffin** goes over plans and strategies, above. Checking out the their new creative ways to win, AD members talk about the order of their speeches before a judge.



Challenging the mind

Story & Design by:
Oudaphone Tran



When it comes down to using the mind, two groups stand out: Academic Decathlon (AD) and Destination Imagination (DI). These two groups have members putting their heads together to solve problems or perform skits within a time limit.

Having recently defeated every team in the district, AD consists of nine or more members thinking up solutions to problems that people might face in their everyday life.

"I like being in the group because it also helps me deal with certain problems," said senior **Emily Grover**.

The competitions also help the members of the team with their schoolwork.

"Being in Academic Decathlon really helped me with my classes," said senior **Katie Rogers**. "The information we learn from our competitions helped me answer some of the questions I have on my homework."

Some people might think that the members of Academic Decathlon are just geeks or nerds, but the members say they "are just plain smart."

"People have their opinions about groups with smart people," said senior **Amanda Botts**. "Our skills keep getting sharper with every problem we face."

Thinking up ways to solve their problems is one thing, but having to give a presentation about the subject and being put on the spot is another.

"Giving a speech isn't fun but it's something that we have to do to get to the next stage," said junior **Harmony Gregg**.

The speeches that the members of the group make last three to five minutes. The team has a range of topics that they choose to do their performance on.

"We try to think of all kinds of situations that could happen to us some day," said sponsor **Maureen Griffin**.

Another group that has brains working over time is DI. Consisting of six members or more, DI also solves problems just like AD, but within a time limit and with props.

"Being in the group gave us the chance to 'think outside of the box' and to learn from our mistakes and practices," said sophomore **Patrick Suggett**.

If the team performs well in front of the judges, they will be given the opportunity to go to regionals, state, and then the world competitions.

"If we do go to the world conference, we will meet other teams from around the world," said sophomore **Taryn Brumm**.

Photojournalists: Pat Pollard

academic

Parking Plague

Amanda Byrkett wakes up and feels a tiny hint of excitement. It's the first day of school and she's now a senior. She gets ready and leaves her house with plenty of time to spare before school starts. As she pulls into the parking lot, circles around a few times, and then hits her steering wheel out of frustration ...she finds there isn't a single spot left to park in!

Many students found that to be a continuing problem during the first weeks of school when the back parking lot was closed for renovations.

"The street behind the north parking lot was constantly packed," said Byrkett. "If I didn't get to school early enough, I had a long walk ahead of me."

With more renovations coming soon to the school, parking is predicted to be a problem. The plan is to enlarge the building almost completely into the back parking lot, leaving only a few spaces left.

"I don't have a car, but I get rides to school every day from my friends and it sucks when there is nowhere to park.

all mad about it, but I just tell **Tharp**. "When they start are going to be some major

Usually students are problems during second

"Second semester seems to be when the sophomores get their licenses and cars. The parking lots get packed, and as a senior, I found it very aggravating to come to school and have some underclassman skid into the last parking lot with a smug expression on his face," said senior **Eric Cooper**.

With four good-sized parking lots, some students are surprised at how jam-packed they get.

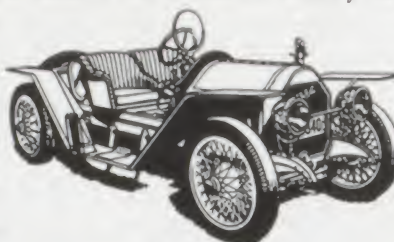
"I can't believe how hard it can be to find a parking space," said senior **Andrew Pebbles**. "I get to school late sometimes and I have to be even later to class from driving around trying to find a place to park. It surprises me because I have a lot of friends without licenses and cars."

Each parking lot seems to have gotten its own personality, which was the opinion from the students that park there.

"I don't like parking in the front because I think there is more vandalism there. People tend to park where their friends park and it becomes like territory," said junior **Melissa Petersen**. "Each 'group' of students had their own place in the parking lots. It's kind of interesting to watch."

The parking lots seem to be accommodating enough now, but future problems may arise with the construction that will interfere with the lots. Maybe within the next few years the pollution from cars will decrease as students decide it might be easier, although maybe not as cool, to just suck it up and take the bus.

BY HOUA HEDBERG





A group of students gather around a friend's car to catch up on the day's events. At right, senior Ben Tharp displays courage after bravely jumping onto a random van to prove himself funnier than Eric Cooper.

Below, senior **Eric Cooper** slides down the front of his car. Cooper is known by students for his silly stunts and funny jokes. "I am notorious for pulling stunts in the parking lots," says Cooper. "I just love to have a good time and to make people laugh."



Road Rage



© "I wish kids would learn how to park. I hate it when they park crooked and I don't have enough space to park," said junior **Nick Ira**.

© "I can't stand it when people litter, it's just so disgusting," said senior **Megan Allison**.

© "I don't like it when people speed around the lots. Someone could get hurt," said sophomore **Mason Ballard**.

© "I hate when I'm pulling in and someone tries to show off by squealing their tires and peeling out," said senior **Heather Carlson**.



Q&A

Get to *know* someone in
Chamber Choir...

Q: *How long have you been in Chamber?*

A: Three years...

Q: *What do you like to do in your free time?*

A: Work on cars and work at
O'Halloran's...



Senior
Mike Markley

Q: *What's the funniest thing that's ever happened
to you?*

A: I walked out of my house one day and a
robin attacked me with its wing...

Q: *Do you like pizza?*

A: Yes, it's the best thing ever created...



Pumping up the students at the winter assembly at top left is **Director James McNear** and the Chamber Choir. Students said they had a great time performing in front of the school. Members sang a song called "Dona Nobis Pacem", which translates to "Let There Be Peace." At center, above, the choir, also known as the "Royal Court," takes in the atmosphere of the Madrigal Dinner.

Being congratulated for a job well done is senior **Jovie Maire** at bottom, center. At right, students warm up their voices using a technique called Solfege. This technique not only uses syllables, but hand signals, as well, to sing through the octaves of a piano.



REPRESENTING EAST

WITH PRIDE

Design & Story by Seth Conn

Senior **Laura Porter** runs to her car along with her music and quartet eager to get to their next Holiday Harmonies assignment. It's another gig during the busy holiday season for Porter and other Chamber members.

"Since freshman year we've really grown in terms of performance level and with that growth has come many new opportunities to perform for the community," said Porter.

According to Director **James McNear**, during the past couple of years the choirs' involvement at local events has increased. Making the choirs more visible throughout the community is a continuing goal of McNear's.

"The focus of the choir was to take our pride in school beyond that of lip service. It meant taking one success at a time because there was always something better ahead," said McNear.

Many of the performances meant singing outside of the school day, such as at the Pleasant Hill Festival of Lights. Students sang at Hardees, Moo's Ice Cream and the Youth Center to carol for people as they came to eat and converse. Choir members also sang on the town trolley as it toured the decorated houses.

"Singing Christmas carols seemed to brighten people's spirits as they came to each establishment to enjoy our mini-concerts," said junior **Charlie Reese**.

Another holiday event that took place was the third annual Madrigal Dinner. The dinner was set in medieval times, so students dressed as though they were lords and ladies. The Chamber Choir, also known as the Royal Court, provided the music and the drama department helped out by presenting the play. The audience was provided dinner, which was included for the twenty-five dollar ticket.

"The madrigal is great because it's different every year. There's an excitement in the room because it's live, so if someone messes up you have to go with the flow and play off any mistakes," said senior **Payton Petrie**.

One of the secrets to success, according to choir members, was the involvement of the Choral League of East Foundation (CLEF). CLEF is the parent organization of the vocal music program. They helped raise money and coordinate fundraisers such as the Madrigal Dinner.

"CLEF did a really great job. The Madrigal Dinner takes a lot of time to plan for. They also helped raise money to buy new robes last year and bells this year," said Reese.

Sophomore **Harold Dudley** liked the change from Prep Choir as a freshman to Chamber Choir as a sophomore because he felt it brought new opportunities.

"You get more freedom, but with that freedom comes the responsibility of knowing where you're supposed to be, and when, and also knowing when it's time to get down to business," said Dudley.

SINGIN'

OUTLOUD

Design & Story by Tina Nickerson

Walking down the hallway at a steady pace, humming the tunes of her newly learned music, junior **Kurtisha Dotson** hurries to the choir room before the bell rings.

Dotson joined together with many other choir members each day to go over or learn new music.

"I enjoy going to class each and every day to learn new music, or even to just go over old music," said Dotson. "It's always so much fun."

Many people join choir each year because of their love for singing, but the majority are really interested in going on after high school into the music field. Many have the desire to become famous for their talents.

"Even though this is my first year in choir, I definitely think I will go on to do something involved with singing in the future," said freshman **Heather Alexander**.

In order to go on in the future, the members of Prep, Mixed, Bass, and Lady Scarlets, had the chance to participate in many types of events such as: Fire in the Sky, The Festival of Lights in Pleasant Hill, The Madrigal Dinner, Holiday Harmonies and also many state competitions.

"My favorite event was the Holiday Harmonies because it was great being able to see people's faces while we sang Christmas carols for them," said freshman **Karen Sawhill**.

Many new opportunities were offered to the students this year, too. Things such as having an actual voice teacher, or being able to afford bells for a bell choir and also much more experience singing for the public.

"The quality of every single group this year was bettered by the new things offered to us," said choir director **James McNear**.

"We also had an opportunity to sing at the airport for the people getting off of the airplanes, and that gave me the chance to be exposed to many different types of people," said junior **Kandi Latcham**.

In order to be able to participate in such events, the members of each choir had to put in an equal amount of practice time. Students tried to practice whenever possible.

"I practiced just about every day, whether it was in school during class, or on Sundays in church, or even at home in my shower," said Sawhill.

No matter how hard class is, or how much practice is required, every student would agree their favorite part about being in choir is their teacher, McNear.

"Mr. McNear is a great person and is one of the few teachers that not only helps you with your music in class, but also helps you with everyday real life," said Dotson.



What was your most embarrassing moment?



...when everyone was singing at the winter concert and I messed up the counts, so when everyone stopped singing, I was still singing all by myself, and yes, everyone heard it.

~Freshman Melinda Lansing
Mixed Choir

...when we were all walking on stage and I tripped and fell over the microphone wire.

~Freshman Ashley Baccam
Prep Choir



Performing in the winter concert, bass member junior Brett Adams lays down his set of roses while singing one of the planned songs for the concert. An annual tradition is to have choir members give their rose "props" to their mothers.



Members from each group follow along with the sound of Director James McNear's piano at this year's winter concert.



Carefully laying down his part with the violin, arm bass member Brett Adams does his part with grace and skill.

At right, the the band marched at one of the many parades they did this year, including a September 11 parade and holiday Fire in the Sky event. Below, freshman **David Rogers** plays with heart at the Mid-Iowa Band Championships held at Lincoln High School in October.



Baton twirler, freshman **Emily Fessler-Boylan** sets her baton on fire for the Fight Song and School Song at a home football game. This was the first season the marching band had a baton twirler. At left, the band performed for one of the many large crowds they had at home football games.



SCARLETS GET A FEEL FOR

SALSA FEVER

Design & Story by Brooke Brumley

As senior **Jenelle Key** wakes up at 6 a.m., she rubs her eyes and heads out the door for yet another early morning practice out on the field.

This sounds very familiar to the other 69 members of the marching band: Early morning rehearsal outside at 7 a.m. on the practice field, five days a week.

"I enjoyed marching band because I liked hanging out with my friends," said Key. "But practicing early in the morning when it feels like it's ten degrees outside was not one of my favorite things."

This year, the music theme was *Hot Salsa!* including four tunes the band practiced over the summer and the first few weeks of school before they began out on the field. Most of the students enjoyed the choice of music.

"The music was definitely fun to play," said senior **Brad Shanahan**. "It was a nice improvement because we don't normally play music that's so upbeat."

The band had three major competitions: Valleyfest at Valley High School, State at Ankeny High School and Mid Iowa Band Championships at Lincoln High School. The members agree that rehearsing time before the competitions was very hectic.

"We had to come in on a Saturday and rehearse for two hours one day," said freshman **Mark Mendenhall**. "We never got time off for conferences or anything because we had 7 a.m. rehearsals."

The scores improved dramatically compared to last year.

"Our score from State improved by 48 points and at Valleyfest it improved by 4.3 points," said band director **Mark Hawkins**. "It was expected, though, because we had such an improvement in everything we practiced: skill techniques, leadership, program structure and practice skills."

The Marching Scarlets had 20 seniors, 12 juniors, 22 freshmen, and, with the most in its class, 27 sophomores. Hawkins said the leadership in the freshman and sophomore classes has improved for the program's future because of the high numbers.

Along with marching band the concert band did well in terms of performances and leadership skills.

"We did a variety of things in concert band, including State Large Group, which is a big deal to the students and their parents," said Hawkins.

The band went to Worlds of Fun where they spent the whole day having fun at the park, in addition to the serious time of the performance.

"We usually go there every other year, and I'm glad I got to go this year," said junior **Heidi Kaldenberg**. "It was fun because we spent most of the day just having fun. The only bad thing was the really bad farmer's tan I got."

SOUNDS OF THE

COMBO

Design & Story by Carrie Chapman

EHS students are always hearing about Jazz Band in the announcements, but the band only performs for East once at the end of the year. So, what else do they do all year long? Well, actually they do many exciting things.

A trumpet player that traveled on tour with Sting did a music clinic with the jazz band and bands from four other schools and taught them many new things last fall. The event took place at the IPTV station in Johnston and was broadcast on TV.

"Chris Bode came and taught us some stuff and it went pretty well," said senior **James Moody**. "We worked really hard on fixing mistakes from past performances."

The band provided entertainment at the Hy-Vee Convention Center in November for a gala celebration connected to East's multi-million dollar fundraising efforts. It was the band's first concert for the season.

"I think the night went okay, but we had a lot of things to work on," said Moody.

Four guest speakers from different colleges such as the University of Iowa, came to work with the band. They are called "The Oddbar Quartet" because they play all different kinds of music.

"They did really odd and abstract things and basically just taught us to play their kind of music," said senior **Nick Leo**.

The band really looked forward to the competition in December, for the South Central Iowa Bandmasters Association (SCIBA), which is the first real competition of each year. The top two bands are then invited to state competition at Waukee.

The band lost many talented seniors last year and had to make up for it with the new freshmen. According to instructor **Mark Hawkins**, they were a very impressive group of young students.

"We were worried about losing seniors, but the freshman class is full of talent," said Hawkins. "I just hope that they all stay through their senior year."

Because the seniors were so talented, they were highly sought after by colleges. Moody and Leo received a number of scholarship offers to continue in a music career. Junior **Trevor Jones** was a very strong leader, even though he was only a junior.

The combo performed at public service events, the superintendent's speech, the state PTA meeting, hospitals, and for the governor. Each year they also play for all of the businesses that donate money, like United Way.

Parents show their support by coming to concerts and sharing in their success.

"The more parent support there is, the better it is for the band," said Hawkins.

With all of the great things that the jazz band participates in, no wonder it is a very talented and extraordinary group.





All of the members of Jazz Combo take a second out of practice to take a group picture. The combo is a separate group from Jazz Band, but also a part of the Jazz Band. The combo has only been around East for three years and it is already a hit.



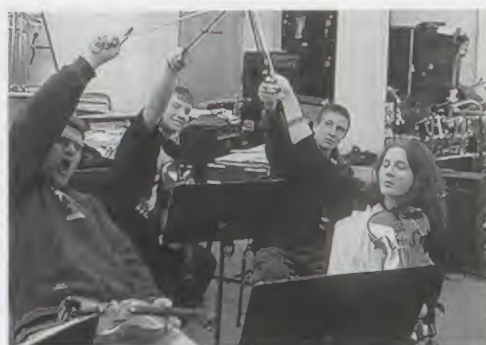
Ticking the ivories, senior **Nick Leo** entertains some students as they hang out in the band room. Leo is the only student in jazz band that plays the piano.



Teaching freshman **Sarah Rowat** a few tricks on the flute, teacher **Vern Hansen** demonstrates a little tune. At right, freshman "Vibes" musician **Quintin Mitchell** practices his instrument during his study hall to improve on his playing.



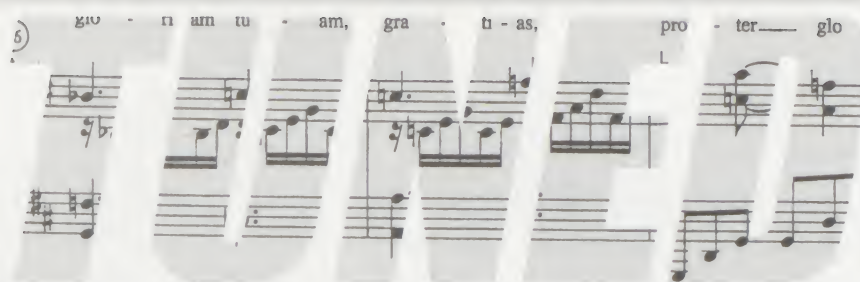
Violinists take a quick break after practicing for an upcoming concert. Players watch closely as Conductor **Jennifer Luft** drills them on a musical composition. Sophomore **Rafaela Pfister**, along with the violin section, practices for perfection. Senior **Katie Rogers** is concentrating on her cello part. She and other orchestra students practiced hard for the small group competition in May. Sophomore **Ashley Botts** holds instructor Jennifer Luft's baby. Luft had her baby this past December.



Orchestra plays in the lunch room during their spring concert. They have two annual concerts, one in the winter and one in the spring.



ORCHESTRA GETS FINE



Design & Story by Alicia Bauman

Every year orchestra students have their calendar packed full with competitions, concerts and rehearsals.

"We do a small group competition in April and a large group competition in May. We also do solo competitions, night-time concerts, winter tours and the all-city high school tour every year," said senior **Amanda Botts**.

Along with having the normal class some students take advantage of the after-school study group in the orchestra room.

"Having independent study is such an advantage because my whole schedule is full, so I can't take orchestra during the day," said sophomore **Mandy Morlan**.

Large group is an annual competition where a panel of judges rate performers on a scale of one to five, one being the highest and five being the lowest. Ratings are given for their intonation, dynamics, style interpretation, and the selection of music chosen to perform.

"We've improved a lot in large group. We're focusing on intonation more this year. That always seems to be our rough spot. We're trying to bump our score up to a solid two," said orchestra conductor/ teacher **Jennifer Luft**.

"I think large group is more for our benefit than anything else," said senior **Mike Mendenhall**. "If more people will try to rehearse on their own at home, I think we could do very well."

Orchestra students say they had a very interesting year.

"This year we've had a lot of new freshmen join and most are improving immensely. As a group I think we have all improved," said Morlan.

Luft was out most of December on maternity leave and a substitute helped players put the finishing touches on their pieces. The substitute also had to conduct their winter concert.

"The sub helped us out a little, but she had only taken orchestra and never conducted before," said Mendenhall. "But even though she didn't know much about conducting, she did the best she could."

NOTHING BUT

DANCIN'

Design & Story by Carrie Chapman

It's 4:30 in the morning. Sophomore **Amanda Khodai** is waking up and getting ready for Stepper practice while the rest of the student body is sleeping peacefully. She has to be at practice at 5:30. Warming up and stretching usually starts around 5:45. At 7:00 she has to get ready for school. After school, she has to go to work. Then, she has to go home, do homework, and get ready to do it all again the next day.

"We worked really hard this year to come together as a team and do our best," said Khodai. "I think we did a great job and we'll be even better next year now that we have some real experience."

Khodai is only one of the 13 Steppers with very busy schedules like this. This was one of the hardest years because of so many new changes and adjustments. "With so many new girls it was tough at first, but we worked really hard and put in a lot of dedication," said sophomore **Ashlee Petersen**.

The Steppers had to get used to many new things, mostly because of their lack of seniors. They had to recruit new girls, even girls with no dancing experience, and come together as a team. Girls who were a part of the squad last year had to step up and take charge.

"There were girls who wanted to quit, but we had to encourage them and support them to stay," said sophomore **Cassi Bainter**. "We really believed in each other and eventually we were fine."

Having parties or little gatherings throughout the year helped them get to know each other and be more comfortable around each other. They also did small projects, such as at the Homecoming football game where they each made a box, decorated it, and filled it with candy. Then, before the game, they traded the boxes to the girl they had been assigned to.

"We had so much fun at our Christmas party," said sophomore **Taryn Brumm**. "We really got to know each other and relax for a little bit."

The squad also had help from other students at East who wanted to participate. Senior **Alex Ung** choreographed a dance and taught it to them. Alex plans on coaching for a high school or middle school dance team after he graduates.

"I just wanted to get a little bit more involved in dance while I was still in school, so I offered to help the Steppers," said Ung. "I had a lot of fun and hope I can do it again sometime."

"I think all of the girls had a temporary crush on Alex while he was teaching us his dance," said Brumm. "It was hard having a guy at practice, but when we got a little more comfortable around him, we started acting like our usual stupid selves."

The girls were also very focused on the state competition that was held in December. They had practice every morning before school, on Thursday nights, and even on the weekends. Once again, they walked away with a Division 1.

"State competition was a wonderful learning experience for our very young and inexperienced squad," said Coach **Kathy Daniels**.

"Well, I think we had a fantastic year and I can't wait until next year," said Petersen.





During the football season, senior Alex Ung choreographed a halftime dance for the Steppers. At top left, the group performed a Christmas routine for the winter assembly. Having fun with coach Kathy Daniels' dog Annie, at near left, is senior Casandra Killinger.

Your Best Memory...?



"I think that our state competition was our best experience as a squad because it was the first time we really acted like a team. It was a nice day without any complaining. We got along real well."

-Cassi Bainter

"My favorite memory of being a Stepper was one day at practice when Cassi Bainter decided to pull my pants down, and I just froze. I stood there in my pink panties for probably two minutes. We now have a special bond."

-Taryn Brumm



Some of the Steppers had their camp... and the pictures are by the Steppers... every day to be a part of the fun and learning.



Here at left, sophomores Taryn Brumm, Amanda Conner and junior Christy Lem experiment with their hair for an upcoming performance. Practices on Thursday nights were the most entertaining. Above, the Steppers hit their first formation at the state competition at Veteran's Auditorium in December. The girls were awarded a first division rating in the Pom Class.

Center, senior **Amy Heggen** teaches a cheer to several young girls during January's Little Cheerleader clinic. All 170 kindergarten through eighth grade girls performed during halftime of a basketball game with the theme "Go Big Red, Go Big Red, Yeah!"

Below left, seniors **Molly Fredericksen** and **Ashley Munoz** take a laugh break while baking a giant cookie for senior night. Senior cheerleaders made bags of candy, along with the cookie, and gave them to the senior boys after their victory over Lincoln.

How Cheerleaders

REMEMBER:

Stretch your legs and back before attempting any jumps. Prep your jump by standing on your tiptoes with arms in a v-shape. As you bend your knees, swing your arms down and snap them into a t-shape while you hit your jump in the air.



FRONT HURDLER: To do this jump, cheerleaders turn their sides to the crowd and do a very high kick. The alternate leg is bent behind the body.



OUTJUMP: Also known as an toe-touch, cheerleaders strive not to touch their toes. Good toe-touches have a straight back and arms with legs in a v-shaped position.



SIDE HURDLER: Also known as a herkie, one leg is bent at the knee next to the body and the other is straight, like an outjump.



DOUBLE-HOOK: This jump is used as an alternate at tryouts. It is similar to the side-hurdler except both legs are bent at knees.



After posing in front of the Colorado Rockies, these senior varsity members had a week of cheering and dancing fun at summer camp in Breckenridge. At right, junior **Gina Hughes** and senior **Amanda Armintrout** wait for their music during the winter assembly.



HEY, SCARLET FANS, LET'S SEE YOU

ROCK THE STANDS

Design & Story by Chelsea Pickett

Her knees are shaking, her knuckles are clenched with fear. Is it finals week? Is she a freshman being approached by a hoard of angry seniors? No, she's just a Scarlet nervous about cheerleading tryouts.

The 2002-2003 varsity cheerleading squad started in April of last year after a week of nerve-racking tryouts. Out of some forty young hopefuls, 22 talented girls emerged as a new squad. The hardest part was taking the two grade levels and making them into one cooperative group of girls.

Their first task as a squad was to make up a one-minute dance/pom routine to take to a UCA (Universal Cheerleading Association) camp in Breckenridge, Colorado. Together, all 22 juniors and seniors created and perfected their routine just in time to go. And if that wasn't enough to bond them, the ten-hour commute to Breckenridge left plenty of time for that.

"All of the girls from varsity sat with each other on the bus and ate each other's food," said junior **Laquana Mitchell**. "By the time we got to camp we were all ready to just sit down and have a big slumber party, instead of cheer."

At camp, the girls had daily cheer and dance classes that they had to attend. Their first day of camp, the varsity, along with the sophomore squad, received an award for being the most cooperative squad. But the real fun came at the end of the week when they participated in cheer and dance competitions. Although it was hard to place in the competition, they didn't drive

Junior **Rochelle Remus**, with a young new companion, is ready to perform in front of hundreds of cheering parents and fans. At left, juniors **Samantha Winebrenner** and **Amanda McConnell** excitedly cheer at East's football game against Dowling.

home empty-handed.

"We received 'spirit sticks' at the end of the week," said senior **Ashley Munoz**. "We also got

to know another squad really well and took a lot of pictures with them."

To some juniors, the transformation to varsity was a big relief.

"I have never felt so comfortable with a group of girls," said junior **Gina Hughes**. "It's a lot easier working with people that know the routines so well."

Even some returning seniors have experienced benefits.

"There are a lot of juniors that are easy to toss," said senior **Aimee Munoz**. "Doing stunts like basket tosses and extensions are easier and look more professional with them."

To improve the squad's stunting, varsity coach **Denise Rourke** invited stunt and drill team instructor **Roberta Nigro** to a winter practice. After one practice their basket tosses were higher and their extensions were stronger.

Senior **Amanda Armintrout** could feel the difference right away.

"Right after she was done telling us how to improve our basket toss, I could already feel myself going at least three feet higher in the air," said Armintrout. "By the end of practice it was almost perfect."

Although most cheerleaders would agree they all could use a little training, about 170 young girls and boys relied upon them for instruction as well. Rourke, along with assistants **Lindsay Latcham**, **Lindsay Ivonovich**, and **Jenny Young**, put together two K-8 clinics, one in the fall for football and the other during basketball season.

"I am thoroughly proud of the varsity squad this year. They've matured so much since they were freshmen and sophomores," said Rourke. "They're a great group of girls."



LIFE'S NOTHIN' WITHOUT

CHEERIN'

Design & Story by Reeio Sumabat

As sophomore **Ashley Vasey** begins to prep for a basket toss, she silently goes through the steps she learned at camp last summer. Remembering the steps very well, she nervously goes up into a perfect toss and nails an impressive landing.

Learning new and more difficult stunts like the toss is one of the things that sophomores got to do at their first year of camp. This was also the first time the squad ventured out of the Midwest and attended a camp in Breckenridge, Colorado.

"It was a good experience for all of us," said head coach **Denise Rourke**. "I thought it would be fun to get out of Iowa and see what this camp had to offer. It was worth the trip."

For many cheerleaders it was a good experience. They got a chance to see how other girls did cheerleading outside of Iowa and got a mini vacation at the same time.

"I thought camp in Colorado was a lot of fun," said Vasey. "I was just glad to get out of Iowa."

"I thought it was great that our first year at camp we got to go to Colorado," said sophomore **Elma Mujakovic**. "I don't know if we will be able to top that trip."

The girls were eager to try what they learned at camp here at school. The squad included some of the moves they learned at camp in their winter assembly performance. They also included more stunts during games.

"More and more we are working with learning stunts and trying new ones," said Vasey. "I think doing stunts spices up our cheers and performances. I love doing them."

Along with these improvements, the girls are setting more goals for next year.

"This was a great year for us, but next year I would love to see us add more dance into our mix," said Mujakovic.

For the freshman girls, their year was a little different. Being freshmen, they were not able to go on the trip to Colorado, but that did not stop them from having a good year.

"The freshman girls did great this year," said Rourke. "I saw improvements every week at practice. They were a good group to work with because they were so eager to learn."

Most of the girls agreed that out of the year, initiation was one of the most memorable times they spent together.

"It was a blast," said freshman **Samantha Waters**. "We were all dressed up and doing cheers at the fair."

The girls enjoyed spending time with each other and the close bonds that they made within the squad.

"I really enjoyed this year because our squad really had support for one another," said freshman **Brenna Kimmel**. "We got along really well and that was refreshing."

Even though the girls had a good year, most were thinking about making the squad for next year. They will have more to learn and an opportunity to go to camp.

"For next year I hope that I make the squad," said Waters. "If I do, I will take whatever comes day by day."

"I just hope the girls will continue to have fun with this," said Rourke. "If they keep having fun, then everything else will come easily."

During a cheerleading sleepover, freshman **Meredith Breton** fell asleep, exhausted from all of the candy and popcorn. The other girls pulled a prank on her for being a party pooper and crashing early.





Looking over her shoulder, sophomore **Amber Tyler** checks to make sure that her "little cheerleader" is following along with the squad. The cheer clinic is a way for the squad to interact with future cheerleaders and to raise money as well.



organizations



Loud and proud, the sophomore squad excitedly yells and kicks as the team scores. One impressive ending was a victory at home over SE Polk on Tuesday, January 28.



As the halftime buzzer went off, the sophomore football squad took time out and posed for a group shot. This year the squad dazzled the crowds with new cheers and stunts.



Freshmen **Mindy Carey** and **Erin Johnson** take time from a group chat for a picture. The girls spent the year learning new things, including taking the bond of the entire squad into consideration.



Places to

SPACE

FOR UNDER 21 FUN

Val Air Ballroom

301 Ashworth Rd 223-6152

GOCONUT JOE'S

3320 Westown Pkwy 221-9755

Club Statik

217 E 2nd Street 280-3331



Chilling in the stairway, members of SDS hang out before practice. Rehearsing was common for the group on Tuesdays and Thursdays.

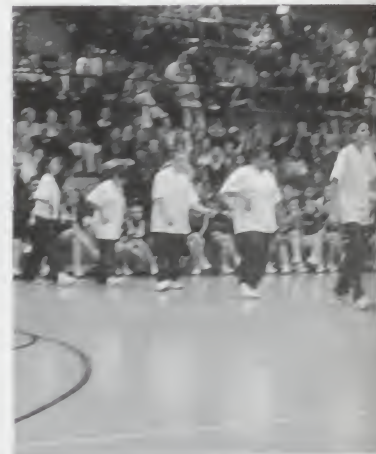


Above, the team dances to the beat of Christina Aguilera's song "Dirty." This was the group's first performance. At right, dancing in unison, the girls show the school what SDS is all about. The group worked hard and their performances were very important to them.



At top right, SDS struts into the beginning of their routine at the winter assembly. The group practiced every day for two weeks before the event.

At right, the girls are having some fun after school. The team got along very well and considered themselves a "family."



BACK THAT

THANG' UP

Design & Story by Gina Hughes

As the school year started last fall there was little news of the Scarlet Dance Squad (SDS). Many thought there wasn't going to be a group this year because there was no sponsor, but you can't take the SDS out of the students, and many still wanted to dance.

So when teacher **Frances Deaton** heard the students were looking for a coach, she stepped up to the plate.

"We were scared we weren't going to be able to have squad this year and perform, but when Coach Deaton came we were all really excited and wanted to get started," said junior **Nikita Person**.

Like any new group, there were problems. The group found that many people were coming and going from the team, so they didn't know who was going to stick with it.

"The first dance took us two months to do because of all the people coming in and out, and we didn't know who was going to stay," said sophomore **Chelsey Wood**.

The group got it together, though, and really proved they were willing to work. They had practice Tuesdays and Thursdays from 3 to 6, and for two weeks before their first performance they practiced every day.

"I wanted them to be good," said Deaton. "I feel that if you are in a group, you should be at practice ready to go."

The group's first performance was at the winter assembly, where they shocked the school. They did an outstanding performance which had their coach all choked up.

"I was crying at the assembly because they did so well," said Deaton. "I was just so proud of them."

SDS had no funds this year. Everything that the group had was bought and paid for out of Deaton's own pocket and she said they needed some help.

"We tried to do a fundraiser in February at Burger King, where 50% of what was made that day would go to SDS," said Deaton.

Out of the large group that started, only 15 dedicated students remained. But the group took everything very seriously and thought their image was very important.

"We care about our presence and how we leave the audience, if they're in shock," said Wood. "We care about how we look."

The group went through a lot together and considered themselves a family. They had a lot of communication; if they needed to talk, someone was always willing to listen. If something went wrong, it didn't just affect one person, it affected the squad.

"If something was wrong it needed to be out in the open," said Deaton. "We were in this together."

SPINNIN' TO

PERFECTION

Design & Story by Kelly Clark

W

hen the buzzer sounded at the half time of each home basketball game, the crowd stayed put to see a spectacular performance from the Color Guard.

"I love being the center of attention, along with the other girls, while we are performing," said senior **Danielle Campos-Anderson**. "It is a good feeling to have hundreds of eyes on you, watching your every move and clapping along with the music."

There were about 15 girls on the team this year. The dedicated dancers and spinners practiced regularly in early mornings and occasionally after school. The team also practiced the routines before championships and other performances such as a school assembly or pep rally.

"We work really hard at practices. People don't realize that we have to have good balance and know at all times where our flag is while it is in the air," said junior **Felicia Coe**. "There is much more to it than just throwing around a flag. We also need to choreograph dance steps and memorize many different routines."

Along with performances and practices were a few competitions. This year at the State Dance and Drill Team Competition at Vets Auditorium, the girls tried hard but didn't place quite where they had hoped.

"We put on an incredible performance," said senior **Allison Summy**. "We practiced morning and night for that competition. I feel like we did really well but we could have done better. I guess we didn't do as well as the other groups. But I am still proud of our performance."

The team not only performed for assemblies and competitions; they also performed for the half time of football and basketball games.

"Dancing for the half time of games was the best time for me," said senior **Meaghan Parsons**. "Having all of the people who came to see a good football game watching us and enjoying all the hard work we put into a performance makes me love what I am doing even more. After all, we are putting on the performance to entertain the audience."

Although the team enjoyed putting on performances for the crowd, they said the reason they loved it so much was for the feedback they received.

"If our audiences never liked our routines, then we would have no reason to perform. But when we get the positive feedback such as clapping or people telling us that we did a good job that makes us want to do the performing even more," said Campos-Anderson. "When we get negative feedback it just makes us work even harder to make the next performance even better. We feel that we owe it to our audience to put on a good show."



Having a little fun, senior **Emily Grover**, junior **Megan Smith**, and seniors **Meaghan Parsons** and **Veronica Coe** dance after they performed for a large crowd at Williams Stadium last fall.



What was the most fun part of **COLOR GUARD?**



...Getting to show off our performances that we worked so hard on in front of lots of people was the best part for me.

~Senior Allison Summy

...The practices were really fun because we goofed off a lot but we still got work done. It is always fun when you are doing something you love to do with your friends.

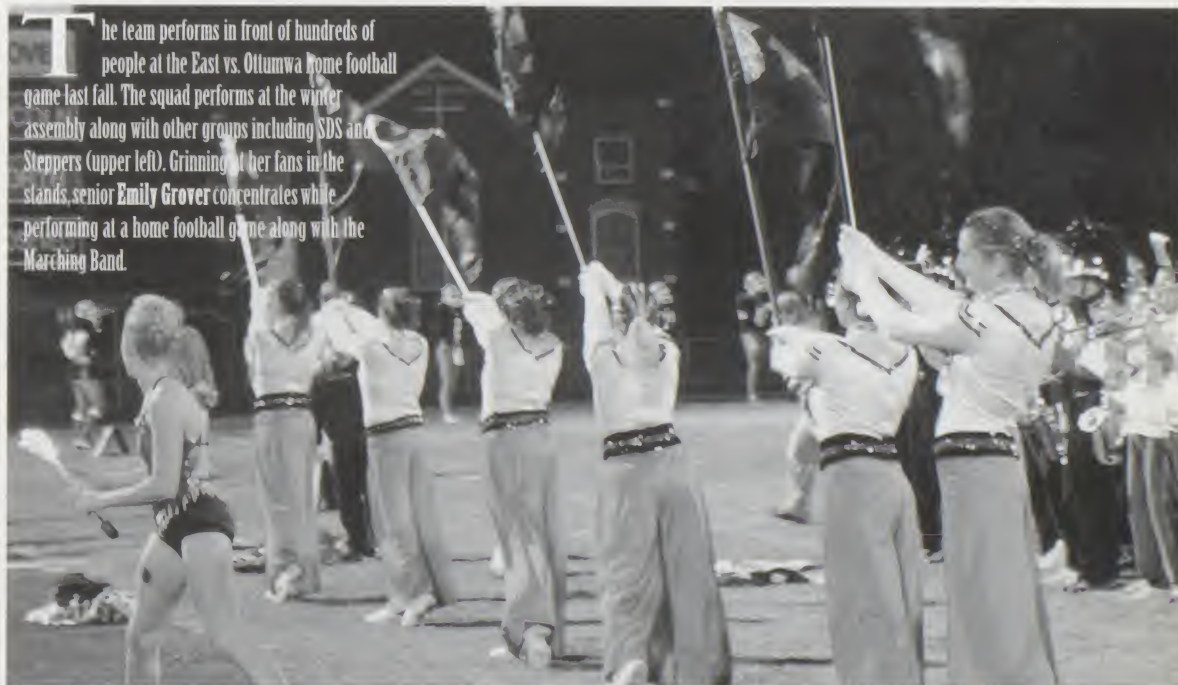
~Senior Danielle Campos-Anderson



...Being involved in something that I love so much for four years and getting to enjoy it with all of my peers and friends.

~Senior Veronica Coe

The team performs in front of hundreds of people at the East vs. Ottumwa home football game last fall. The squad performs at the winter assembly along with other groups including SDS and Steppers (upper left). Grinning at her fans in the stands, senior **Emily Grover** concentrates while performing at a home football game along with the Marching Band.



Woodshop Workshop

Helping elementary students from the Downtown School build bug houses, was an activity senior **Molly Matlage** enjoyed.

"It was fun working with the kids," said Matlage, "They looked like they were having so much fun."

Like the other woodshop students, Matlage is just one of 12 helpers working with those kids in woodshop.

"This was good for the kids because they have probably never done this kind of thing before," said junior **Josh Stephenson**.

The seven and eight-year-old students came over for the day from the Downtown School and

rotated in two separate groups. The first group went to the shop class while the other group went to a gym class to see what it was like.

"I think everyone who was involved in this really got a lot out of it," said woodshop teacher **Jeffrey Hall**, "especially the kids."

The kids weren't the only ones to benefit from this program. East got a lot of publicity on Channel 12 which presented it as an important aspect of the educational process.

"The publicity helps show how valuable this wood shop is," said Hall. "I am very glad we got this opportunity."

The bughouse consisted of

three pieces of wood, a cut-out square piece of glass, a string, and a metal screen. The reason why the students came is because their home school couldn't provide the materials needed. The shop let the kids use hammers, nails, glue, staples, screwdrivers and screws.

"The Downtown School provided the materials and we provided the shop," said Hall. "For the elementary students this is like a whole new world."

The process of building the bughouses was split into four groups and five stations. The five stations started with screwing the plastic window on the side. The second, hammering the bottom on, and the third put the other side

on. Finally, last two steps of making the bughouses were putting the string through the hole and stapling the screen on.

"I thought these steps were easy to follow and to perform," said Stephenson. "The kids understood what to do."

"Being a role model to these kids is a good opportunity," said Matlage. "I think that when I was a kid I would have liked to hang out with the big kids and imitate what they did."

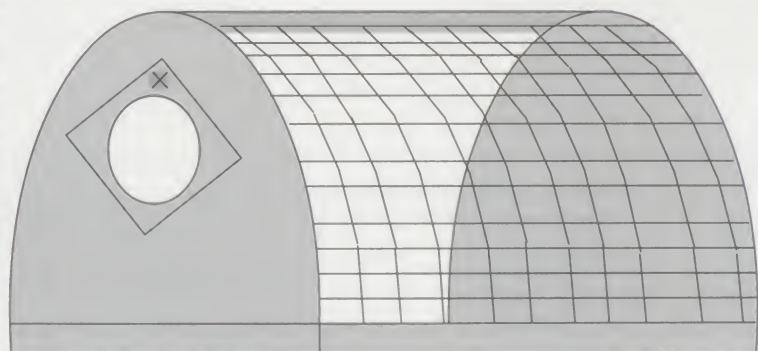
Story/Layout: **Jesse Antelman**

Photos by: Jeff Hall.



Showing off their bug houses, the Downtown School students display big smiles (at top right). This is just one of the two groups to get an opportunity to make bug houses in the EHS Woodshop.

Clockwise from top left), teacher **Jeff Hall** demonstrates how bug houses are made. Senior **Josh Davis** helps with writing names on the houses, junior **John Rouse** helps a student nail parts together, and junior **Josh Hall** helps with the stapling.



"It was so much fun working with the kids because they were so cute. I wanted to help the second group because I enjoyed it so much."

Senior Brandy Hartman



"The kids were really independent and wanted to do everything by themselves, but I enjoyed watching them have a lot of fun building something."

Junior Sara Michener

Bug House Blues



"It was fun helping the kids, but wasn't really hard because we had an assembly line."

Junior Jon Stapes

"Some of the kids had a difficult time with the staple gun, but we helped them out and they did very well."

Senior Jeff Bettis



"By the end of the period my fingers were hit by a hammer three times. But By the end, I wanted to make one for myself."

Senior Kenny Fleming

EHS Organizations 2003

STEPPERS. Front Row: Amber Preas, Taryn Brumm, Christy Lem. Row 2: Amanda Conner, Carrie Chapman. Back Row: Amanda Higgins, Cassi Bainter, Casandra Killinger, Lindsey Houchin, Jelena Raus, Amanda Khodai, Ashlee Petersen. Not Pictured: Michelle Emery.



VARSITY FOOTBALL CHEERLEADERS. Front Row: Amy Heggen, Amanda McConnell. Row 2: Molly Fredericksen, Ashley Tappan, Jessica Dyer, Amanda Armintrout, Emily Brant. Back Row: Stacy Knight, Ashley Munoz, Chelsea Pickett, Aimee Munoz, Samantha Winebrenner.

VARSITY WINTER CHEERLEADERS. Front Row: Ashley Munoz, Aimee Munoz. Row 2: Stacy Knight, Shannon Michelsen, Chelsea Pickett, Lauren Reed, Rochelle Remus. Row 3: Amanda Armintrout, Chelsea Petersen, Rorrie Nagy, Samantha Winebrenner, Katie Ring, Gina Hughes, Amanda McConnell. Back Row: Teara Rice, Molly Fredericksen, Ashley Tappan, Reeio Sumabat, Emily Brandt, Amy Heggen. Not Pictured: Myneka Crawford, Laquana Mitchell.





SCARLET DANCE SQUAD. Front Row: Ricardo Fierro, Chelsey Wood, Kizzie Strother, Nikita Person, Tina Turner, Erica Carter, Sharmaine Lee, Nolan Walker. Row 2: Estella Garcia, Lyssette Lopez, Shi Randy Scott, Stephanie Smith, Tiffanie Brown, unknown, Mariesha Thomas, Jeff Garland, Sponsor Fran Deaton. Not Pictured: Willy Guy.



COLOR GUARD. Front Row: Veronica Coe, Allison Summy. Row 2: Ashley Swanson, Brinden Kelly, Felicia Coe, Mary Beth Phillips, Shannon Stewart. Back Row: Megan Smith, Emily Grover, Dana Williams, Melanie Woltz, Danielle Campos-Anderson, Meghan Parsons.



SOPHOMORE CHEERLEADERS. Front Row: Kayla Morris, Ashley Vasey, Elyse Logan, Jessica Beavers, Andrea Denning, Erica Sholley. Row 2: Amanda Christie, Elma Mujakovic, Nicky Waldron, Amber Tyler, Amy Page, Sarah Enos, Jody Housley. Back Row: Alison Augspurger, Heidi Hedberg, Tasha Coe, Carissa Hibben, Ashley Rankin, Katie Long, Erica Latcham.



FRESHMAN CHEERLEADERS. Front Row: Jenna Crum, Nickie Freel. Row 2: Seashia Vang, Meagan Mangra, Valerie Coe, Erin Johnson, Melissa Coleman, Alyssa Heggen. Back Row: Samantha Waters, Brenna Kimmel, Meredith Breton, Mindy Carey, Lacey Leichter, Mallory Johnson.



CHAMBER CHOIR. Front Row: Laura Porter, Mike Markley(Law), Charlie Reese, Jovie Maire, Andrew Van Gundy, Tamara Fogerty, Tyler Locke, Payton Petrie, Seth Conn, Lauren Reed. Row 2: Nora Minasyan, Sarah Huffey. Row 3: Amanda Guerra, Katie Axser, Ross Hesseltine, Dusty Shandri, Harold Dudley, Nick Bannor. Back Row: Darrin Alexander, Vy Nguyen, Zoila Chamale.



MIXED CHOIR. Front Row: Latisha Streeper, Clista Hazelwood, Bun Kim Lo, Melinda Lansing, Christina Sweet Jennifer Brown, Britney Dudley, Kari Bush. Back Row: Jenny Grimes, Kandi Latcham, Diana Gerhart, Mandy Morlan, Liz Whitney.



BASS CHOIR. Front Row: Mike Deal, Andrew Webber, David Curtis, John Long, Jake Pray, Josh Woolson. Not Pictured: Nick Anspach.



LADY SCARLETS. Front Row: Julia Byers, Kim Owens, Tina Anderson, Holly Boussetot, Jenny Grimes. Row 2: Amanda Smith, Amanda Stevens. Row 3: Shelby Speck, Allison Augspurger. Back Row: Alicia Bowman, Kurtisha Dotson.



PREP CHOIR. Front Row: Seana Vogt, Brenda Aguirre, Stephanie Chubb, Melody Greg, Allison Davies, Seashia Vang, Megan Mangra, Shawniece Lamay, Ashley Baccam. Row 2: Allison Smith, Malarie Smith, Victoria West, Erin Johnson, Samantha Waters, Taylie Brayman, Kelly Sawhill, Karen Sawhill, Jarae Shelton, Kristine Shelton. Back Row: Stephanie, Heather Armstrong, Zach Reese, Cheyanne Young, Amanda Pierce.



AUDIO 815. Front Row: Andrew Van Gundy, Svenja Wirsig, Nora Minasyan, Laura Porter. Back Row: Tyler Locke, Charlie Reese, Darrin Alexander, Vy Nguyen, Payton Petrie.



STUDENT GOVERNMENT. Front Row: Stacy Knight, Shannon Michelsen, Alex Ung, Kou Vang, Katy Lovan, Valerie Blackford, Emily Brandt, Amanda Armintrout, Molly Fredericksen. Row 2: Evan Fousek, Stephanie Carter, Chaneze Jackson-Spencer, Ao Vang, Lauren Reed, Jessica Christie, Megan Logan, Ashley Tappan. Back Row: William Powell, Rochelle Remus, Stacy Johnson.



NATIONAL HONOR SOCIETY. Front Row: Lidia Chamale, Catherine Swoboda, Ashley Johnson, Emily Rice, Amanda Botts, Jayme Wetzell, Brandy Budd, Jenny Carr, Beth Widlund. Row 2: Rochelle Remus, Thyta Inthavong, Stacey Johnson, Megan Niffenegger, Elizabeth Rowan, Andrew Van Gundy, Trevor Jones, Emily Grover, Brooke Brumley, Alex Ung. Row 3: Nick Leo, Mike McCourt, Jesse Antelman, Jeremy Dunkin, Josh Young. Back Row: Shannon Michelsen, Stacy Knight, Chelsea Pickett, Eric Radley, Seth Conn, Mike Mendenhall, Scott Flaherty, Andrew Olson. Not Pictured: Payton Petrie, Jeff Zelenovich.



NATIONAL COUNCIL ON YOUTH LEADERSHIP. Front Row: Stephanie Cozad, Alex Ung. Row 2: Aimee Munoz, Brandy Budd, Ao Vang, Scott Phadavong, Stacy Johnson. Back Row: Andrew Olson, Jeff Zelenovich, Seth Conn, Scott Flaherty, Mike Mendenhall. Not Pictured: Payton Petrie.



KEY CLUB. Front Row: Jessica Swinehart, Jeff Garetto, Dawn Chapman, Savanny Tuon, Oudaphone Tran. Row 2: Josh Sholly, Lewis Grim, Ladu John, Shane Maxon, Christina Anderson. Back Row: John Long, David Curtis, Tyler Locke, Monica Stockbauer, Michael Deal. Not Pictured: Josh Young, Carlos Patino, Amanda Pierce, CheyAnne Young, Sponsor Deborah Peterson.



SENIOR BOARD. Front Row: Lrendira Muniz, Delora White, Emily Brandt, Megan Logan, Ao Vang, Secretary Valerie Blackford. Row 2: Kellie McFadden, Stacy Knight, unknown, Shannon Michelsen, Mandy Ulmer, Brandy Budd, Ross Loving, Stephanie Cozad, Mollie Fredericksen, Ashley Tappan, Amanda Armintrout, unknown. Row 3: Stephanie Carter, Allison Summy, Payton Petrie, Stacy Johnson, Scott Phaydavong, Mike Williams, Heather Kilby, Tela Robinson, Treasurer Ben Tharp. Back Row: Tarry Heckathorn, Neil Hall, Mike Chumbley, Jeff Zelenovich, Garrett Hagins, President Gabe Hibben, Andrew Olson, Holly Hedberg, Scott Flaherty, unknown, Vice President Alex Ung. Not Pictured: Adam Bolander, Tiffani Byrd, Veronica Coe, Michelle Emery, Adam Ezzio, Rachel Goods, Becky Harkins, Amy Heggen, Jade Jordan, Jovielle Maire, Aimee Munoz, Ashley Munoz, Meghan Parsons, Chelsea Pickett, Sarah Ramus, Kardeea Scott, Crystal Smith, Ashli Taylor, Emily Taylor, Debra Wagner, Breanne Wall.



UPWARD BOUND. Front Row: Robert Songkham, Alee Lovan, Alicia Alvarez, Ao Vang, Michael Her, Anthony Wasson, Christopher Ratliff. Row 2: Christy Lem, Samantha Reuskens, Julie Southammavong, Geoffrey Moore, Ken-Terrill Johnson, Christopher Kayser, Somwong Kitthikoune. Back Row: Gricelda Ramirez, Kelsey Brooks, Andrew Buch, Felicia Fisher.

FOREIGN EXCHANGE STUDENTS



Nora Minasyan
Armenia



Svenja Wirsig
Germany

KIWANIANS of the MONTH



Oct.
Ao Vang



Nov.
Scott Phaydavong



Dec.
Peyton Petrie



Jan.
Jeff Zelenovich



Feb.
Jayme Wetzell



Mar.
Andrew Olson



Apr.
Alicia Zacher



SCIENCE BOUND. Front Row: Walter Mendez, Myra Weatherall, Elyssa Patino, Lee Sherman, Brinden Kelly, Yuridia Carrasco. Row 2: Danielle Campos-Anderson, Yadra Moreno, Lois Reyes, Roxana Ferreyro, Gustavo Cabalos, Ashley Johnson. Row 3: Anthony Chia, Alyssia Rivera, Juan Paz, Annette Ryun, Myneka Crawford, Delise Lockett. Back Row: Janet Boyd, Taja Hollimon, Silvia Aguayo-Torres, Vivian De La Cruz, Saul Cabalos, Harold Dudley, Ashley Botts, Steven Greene, Tyler Locke, Joseph Huffman, Neil Hall.



PEP E CLUB BOARD. Front Row: Brandy Budd, Molly Fredericksen, Stephanie Cozad. Row 2: Stephanie Carter, Chaneze Jackson-Spencer, Payton Petrie. Back Row: Jasmine Lewellin, Samantha Smith, Crystal Antelman.



ROCK IN PREVENTION. Front Row: Kennaye Grutel, Desiree Chavez, Heather Noel, Skyler Grenell, Christy Lem, Stacy Johnson, Shawn Graham, Lauren Reed, Garrett Hagins. Row 2: Paige Sorter, Tiffanie Brown, Heather Munyon, Adam Ezzio, Chris Guhl, Alex Kitthikoune, Chris Kayser, Samantha Winebrenner, Scott Phaydavong, Allen Harrington. Back Row: Theresha Wagner, Debra Wagner, Jamie Wagner, Randi Durrett, Clista Hazelwood, Tasha Hiatt, Tina Nickerson, Matt Daugharty, Andrew Olson, Danny Lint. Not Pictured: Tearyn Brumm, Jonathan Gines, Jennifer Hines, Elizabeth Padron, Amanda Stevens, Amela Suljic, Tiffany Taylor, Shannon Wagner.



SAGE. Sponsors Jodi Harrell, Chasity Brees, Stephanie McFarland and President Ashley Cowles.



GRAPHIC TECH. Front Row: Debra Wagner, Vinh Phan, Jarell Carson, Kellie McFadden, Advisor Tom Cole, Chuck McAninch, Amanda Armintrout. Back Row: Michael Brenson, Hector Sanchez, Ross Loving, Amanda Ulmer, Sandy Patterson, Grant Bunce, Jason Crook, Orlando Rushing, Melvin Carr.



MARKETING SALES. Front Row: Adviser Nancy Hansen, April Fisher, Markey Glenn, Garrett Hagins, Amanda Byrnett. Back Row: Nate Roth, Gabriel Eaton, Samantha Puffenbarger, Tim Ballard, Adam Kalwishky, Ashley Munoz, Sandra Sauz, Raquel Bradford, Danielle McConnell, Jenelle Key.



QUILL. Front Row: Val Blackford, Thyta Inthavong, Heather Kilby. Row 2: Stacy Knight, Seth Conn, Chelsea Pickett, Holly Hedberg, Barbie Morris, Amber Zenor. Row 3: Alicia Alvarez, Brooke Brumley, Gina Hughes, Carrie Chapman. Back Row: Shannon Michelsen, Staci Owens, Jesse Antelman, Oudaphone Tran, Tina Nickerson, Kelly Clark. Not pictured: Reeio Sumabat.



BUSINESS PROFESSIONALS OF AMERICA. Front Row: Linda Keo, Tina Hoang Van, Angel Chantavisouk, Christy Lem, Casandra Killinger. Back Row: Sponsor Mary Jane Kaldenberg, Heather Hill, Amy Kern, Molly Heggen, Joe Russell.



SCROLL. Front Row: Courtney Chaplin, Nikki Omundson. Row 2: Joshua Young, Kirsten Hansen, Carla Woods, Ryan Neff, Gabe Hibben, Jared Graeve. Back Row: Scott Flaherty, Alicia Zacher, Eric Radley, Mike Mendenhall.



FRENCH CLUB. Front Row: Walter Mendez, Alyssa Heggen, Bun Kim Lo, Luke Ericson, Molly Fredericksen, Amy Heggen, Rochelle Remus, Sarah Strock. Row 2: Katie Axser, Donna Soulinthavong, Thuy Huynh. Back Row: Seashia Vang, Sunny Sengaphone, Morgan Graham, Megan Niffenegger, Ashley Johnson, Monica Wieskamp, Sarah Jensen.



MATH CLUB. Front Row: James Blount, Ben Van Syoc (Pres.), Delise Lockett, Megan Niffenegger (Sec.), Catherine Swoboda (Treas.), Andrew Olson. Back Row: Sponsor Robbie Malm, Jonathan Long, Shane Maxson, Nick Leo, Glen Wilson, Rochelle Remus, Sponsor Daria Huang. Not Pictured: Jeremiah Vincent.



ART CLUB. Front Row: Luis Reyes, Noberto Zuniga, Matt McCrea, Josh Ray, Heidi Hedberg, Sarah Raymond, Heather Carlson, Sherly Jacobs, Darry Douch, Mike Miller. Back Row: Jose Domingues, David Calo, Kristen Robinson, Chris Moore, Pedro Leanos, Javier Robles, Inh Xaysana, Mark Herasillo, Troy Graspy, Catherine Swoboda, Alex Lovan, Patrick Suggett, Damian Minter.



SPANISH CLUB. Front Row: Alex Ung, Roxana Ferreyro, Josh Mosqueda. Row 2: Charles Jilek, Joesey Jackson, Gricelda Ramirez, Amy Miller. Back Row: Megan Niffenegger, Trevor Jones, Myra Weatherall, Brandon Ramirez, Justine Eaton, Kathy Koenig. Not Pictured: Linnea Morris, Tyler Locke, Nolan Walker.



NEW HORIZONS. Aaron Britt, Brooke Brumley, Robert Burgett, Peter Chantavong, Carrie Chapman, Stephanie Chia, Ashley Coleman, Ana Davalos, Jermaine Gines, Jonathan Gines, Allen Harrington, Heather Held, Sean Henry, Nicholas Ira, Jessica James, Lakesha Johnson, Megan Jones, Lisa Knapp, Brody Landers, Benjamin Lee, Amanda Logan, Brittney Lee, Lekia Logan, Aaron Love, Carol Loving, Yadira Marroquin, Shane Maxson, Shelley McNeal, Katrina Mead, Sara Michener, Lajaherae Mickens, Laquana Mitchell, Matthew Mitchell, Sandy Patterson, Nikita Person, David Piper, Rebecca Rees, Justin Ridgeway, Nikkia Rushing, Sabrina Tolson, Emily Taylor, Amela Suljic, Paoge Xiong, Levi Yeman.



DEBATE. Front Row: Matt Ross, Shane Maxson, Emily Rice, Alex Ung, Allison Andrews, Kevin Sanders, Ladu John, Josh Young. Back Row: Jeremy Dunkin.



IOWA HIGH SCHOOL SPEECH ASSOCIATION (IHSSA). Front Row: Alex Ung, Skyler Grenell, Tina Nickerson, Samantha Winebrenner, Charlie Reese. Row 2: Michael Patrick, Jessie Pridemore, Joe Monaco, Mark Rothweiller, Chris Goul, Adam Ezzio, Evan Fousek, Matt Lewis, Jason Boll, Carissa Hibben, Randy Chanthavong, Anna McCourt, Sponsor Mark Rixner. Not Pictured: Brinden Kelly, Kevin Bradford.



LIBRARY AIDES. Front Row: Kathryn Byrnett, Jake Pray. Row 2: Jeff Garretto, Monica Wisekamp, Ashley Johnson. Row 3: Shane Maxon, Charles Jilek, Kirsten Dulaney. Back Row: Monica Stockbauer, Chris Timblin. Not Pictured: Heather Munyon, Dustin Olson, DaeRon Merrett, Chelsea Wook, Chaneze Jackson-Spenser.



MIME MENTORS. Front Row: Amanda Byrnett, Elizabeth Briley, Sara Neer, Tina Nickerson, Skylar Grenell. Back Row: Samantha Winebrenner, Chris Kayser, Junior Ochoa, Adam Ezzio, Chris Guhl, Somwong Kitthikoune.



PEOPLE PE HELPERS. Kim Howell, Melissa Petersen, Chelsea Petersen, Thyta Inthavong, Rochelle Remus. Not Pictured: David Curtis, Hugo Mora, Delynn Miller.



THEATRE ARTS. Front Row: Laura Porter, Amanda Byrnett, Tina Nickerson, Samantha Winebrenner, Skyler Grenell, Elizabeth Briley, Mike Markley, Nora Minasyan. Row 2: Andrea Lopez, Tela Robinson, Adam Ezzio, Charlie Reese. Back Row: David McFarland, Tyler Hall, Taryn Brumm, Kurtisha Dotson, Mark Rothweiler, Tina Anderson, Kari Noble, Carissa Hibben.



LEADERSHIP COUNCIL. Front Row: Elizabeth Briley, Adam Ezzio, Katie Rogers, Kari Bush, Mikea Carson. Row 2: Jon Gines, Junior Ochoa, Chris Kayser, Tina Nickerson, Sarah Neer, Neil Hall.



TOP 3%. Front Row: Elizabeth Widlund, Ao Vang, Scott Phaydavong, Michael Williams. Row 2: Aleksandr Roytman, Jayme Wetzel, Amanda Botts, Payton Petrie, Alicia Zacher, Stacy Johnson, Matthew Griffith, Stephan Plummer. Not Pictured: Brandy Budd, Stephanie Cozad, Sherly Jacob, Shane Mihalovich, Andrew Olson.



VOICES OF CHANGE. Front Row: Chris Guhl, Adam Ezzio, Jon Gines, Alex Kittikoune, Angel Chanthavisouk. Row 2: Charlie Reese, Elizabeth Briley, Amanda Byrkett, Junior Ochoa, Chris Kayser, Tina Nickerson, Tela Robinson.



TOP 15%. Front Row: Amy Heggen, Ashli Taylor, Bradley Shanahan, Alex Ung, Christina Brooks. Row 2: Chelsea Pickett, Aimee Munoz, Sarah Ramus, Nicholas Leo, Katherine Rogers, Seth Conn, Shannon Michelsen, Kellie McFadden, Stacy Knight. Back Row: Ian Armstrong, Ben Sharp, Tiffani Byrd, Nathan Nissen, Gabriel Hibben, Scott Flaherty, Jeffery Zelenovich, Michael Mendenhall. Not Pictured: Emily Brandt, Eric Cooper, Barivure Dan-Dukor, Michelle Fortune, Ryan Gardner, Emily Grover, Tinh Hoang-Thi, Jamie Kellen, Linda Keo, Amy Kern, Kevin Lovan, Francisco Luna, Jovielle Maire, Eric Radley, Dustin Shandri.



SISTERS FOR SUCCESS. Misty Mayberry, Veronica Reed, Kurtisha Dotson.



ACADEMIC DECATHLON. David Rogers, Katie Rogers, Rachel Diver, Emily Grover, Harmony Gregg, David McFarland, Amanda Botts, Sarah Kain.



DESTINATION IMAGINATION. Carissa Hibben, Taryn Brumm, Patrick Suggett, Victoria West, Alecia Usovsky.



JAZZ COMBO. Front Row: James Moody, Sarah Rowat. Back Row: Jacob Cirkseña, Jeremy McDaniel, Mike Mendenhall, Nick Leo, Doug Rowe, Dania Valiyeva-Hackett, Instructor Vern Hansen. Not Pictured: Kyle Gowin, Quintin Mitchell.



JAZZ BAND. Front Row: James Smith, Kyle Gowin, Sarah Rowat, Michael Hickman, Trevor Jones, Alex Ung, Brian Roby. Row 2: Dustin Harmsen, James Moody, Brendon Kerber, Brenda Harnan, Delora White, Jeremy Miller, William Harnon. Back Row: Michael Mendenhall, Jacob Cirkseña, Christine McVey, Doug Rowe, Jeremy McDaniel, Brad Shanahan, David Rogers. Not Pictured: Nick Leo.



ORCHESTRA. Front Row: David Dorsey, Katie Rogers, Fueche Vang, Gina Tippetts, Sierra Gallardo, Seashia Vang, Amanda McConnell, Mandy Morlan, Aginda Lu, Becky Pencook, Dustin Harmsen. Row 2: Becky Harkins, Rachel Edwards, Amy Doyle, Joe Smith, Dustin Slempe, Ashley Hughes, Nataleen Sakakhanone, Kortney Stevens. Row 3: Adam Hazelwood, Veronica Coe, Jayme Wetzel, Jackie Johnson, Mindy Jones, Jamie Johnson. Back Row: Stephanie Carter, Amanda Botts, Emily Grover, Ashley Botts, Morgan Graham, Samantha Holmes, Luke Griffith. Not Pictured: Trevor Dickey, Francisco Luna, Sara Morlan, Dan Murphy, Dottie Dileonardo, Mike Mendenhall, Sunny Bounyalath, Rachel Diver, Mike McCourt.



MARCHING BAND/CONCERT BAND/COLOR GUARD. Front Row: Shannon Stewart, Melanie Woltz, Emily Grover, Danielle Campos-Anderson, Meghan Parsons, Veronica Coe, Katherine Ring, Emily Fessler-Boylan, Andrew Van Gundy, Felicia Coe, Mary Beth Phillips, Megan Smith, Dayna Williams, Ashley Swanson, Allison Summy. Row 2: Mike Mendenhall, Bradley Morgan, Dustine (Howard) Harmsen, Floyd Perry, Jim Moody, Steven Strock, Jacob Cirksema, Joshua Nelson, Quintin Mitchell, Bryant Lester, Andy Wall. Row 3: Jenelle Key, Amber Coates, Megan McCallister, Sarah Rowat, Anna McCourt, Sarah Strock, Courtney Bush, Mark Mendenhall, Niasa Cason, Cheyenne Thompson, Amber Santa Maria, Andrea Grossman, Brooke Brumley, Heidi Kaldenberg, Andrea Lopez, Jaqueline Sorensen, Kate Bauman, Heather Alexander, Megan McElderry, Samantha Byrd, James Smith, Trevor Jones. Back Row: Jacob Atkins, David Rogers, Adam Carson-Sparks, Jeremy McDaniel, Brad Shanahan, Douglas Rowe, Christine McVey, Allison Davies, Almeda Walker, Brenda Harnan, William Harnan, Jeremy Miller, Delora White, Alex Ung, Kyle Gowin, Brian Roby, Michael Hickman, Matthew Neal. Not Pictured: Mike Crabb.

Things to know before journeying off to college

Source: Private College and Universities Magazine

Keep partying to the weekends, like from Thursday to Saturday. Even though the ones during the week may be tempting, there will be ten times as many during the weekend.

It's not as hard to fit in at college as it is in high school; everyone is too busy worrying about their own lives to make a judgement about you.

Don't waste money on those expensive toiletries you may be used to. Go on a shopping spree at the local Wal-Mart and stock up.

Making new friends is not as hard as it may seem.

Organize! Organize! Organize! It's nobody's fault but your own if you misplace something, like a text book.

Just because you're 18 and out of the house, doesn't mean you can throw away all responsibility. No one is there to take care of you, or your mistakes.

Buying used books is a lot cheaper.

♥ Long-Distance Relationships ♥ Love 'em, or Leave 'em?

The majority opinion from everyone on TV to an opinion on the street is...

"Long-distance relationships do not work!"

But, maybe the almighty high-school sweetheart syndrome has been caught by a few lucky, or un-lucky, recipients and they think...

"Oh! Our love will last through anything!"

Or, maybe they realize that they may be any where from across the state to across the country, and their thoughts are...

"Hey, area-codes!"

Well, here are some opinions, and tips, to think about before packing up and leaving.

"From my experience, I've gone 3 months away from someone, and it worked out. I think as long as you see the person every once in a while, and you talk on the phone, it should work out."

Senior Ashley Tappan

"Don't try it because it will not work out! Some people do, but that's them. I wouldn't."

Senior Matt Mitchell

"You don't want to throw your future away for someone unless you're sure they're committed. There's a lot more out there when you get to college."

Senior
Junior Ochoa

The low down on the college work load

Story and Layout: Amber Zence

Through the years, it has not only been the seniors who have had to worry about the infamous college process, but the juniors have begun feeling the stress, too. The idea of college and careers are also becoming something the sophomores and freshmen should begin thinking about, especially when choosing classes.

The College Guide newspaper, which is put out by the Des Moines Register, suggests that high school students take as many advanced classes as they think they can handle. It looks terrific on transcripts, and if a low grade (a C) happens to pop up in one of those advanced classes, it's okay. College admissions officers understand. Just make sure you're actually trying.

For the graduates and soon to be's, the Guide reminds that just because the average college freshman has only 15 hours of classes a week, compared to 35 hours for the average high schooler, there is no room to slough off. Spend every last minute studying if possible; after all, that's what you're there for, right?

It is suggested that a freshman that has 15-16 hours of classes a week, should study for at least 45 hours. And jobs, don't get one unless you're desperate for money.

Speaking of money, let's talk about financial aid. There are literally tons to choose from.

The first thing to do before thinking about any scholarships, loans, grants, etc., is to fill out a Free Application For Student Aid (FAFSA) form. The FAFSA is like a survey that asks the family income, net worth, family size, state and federal taxes, if other family members are attending college, and some other important information.

After you send that in, which should be no later than July 1st, but is recommended to be sent in in late December, the FAFSA will calculate how much your family should pay, or Expected Family Contribution (EFC). They figure the difference between your EFC and the cost of attendance, which then equals out to be the amount of financial aid you will need.

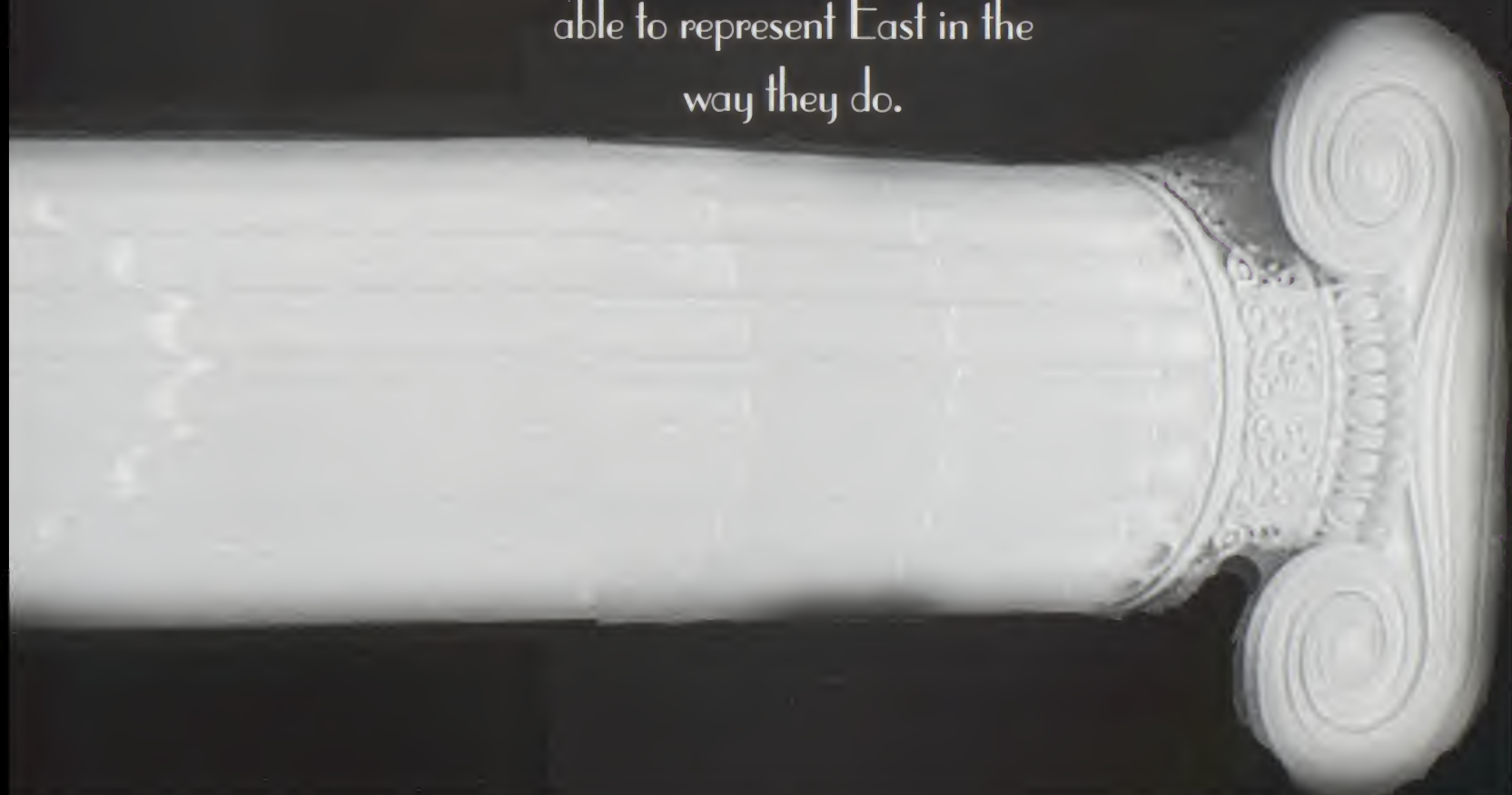
Here are some more important tips to think about when applying to college.

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Shades of Init Capital

Whether it be cheering or participating in a game, everyone around is involved in one way or another with a love of school spirit and a love of sports.

Dedication is the key to having fantastic sports teams and without motivation and support, athletes wouldn't be able to represent East in the way they do.



TAKING it Home

Photos by: Marty Mohler



Roster:

Garrett Hagins
Adam Bolander
Kyle Audlehelm
Mike Doornenball
Jon Piper
Montez Rankins
Jack Housley
Mike Chumbley
Jared Mendenhall
Kurt Sloan
Troy Parsons

Story/Layout: **KELLY CLARK**

Ahh...summer vacation. The time of year that every student looks forward to. Sleeping in, lounging around, eating junk food, and just plain being lazy is what summer is all about. Right?

Dead wrong if you are a member of the varsity baseball team. Just like any other athlete, they have to put a lot of time into practicing and perfecting *everything*. This means getting up early for practice every day, including Saturdays.

"You really need to be dedicated in any sport, especially in the summer when you know your other non-team friends are out doing something else. You just have to love the game," said senior **Jeff Zelenovich**.

Dedication is the key to having a successful team. If no one were dedicated to what they were doing, there would be no team. The players had over 40 games and practiced every day. Some days, the guys had double headers, but they didn't let that get them down.

But with practice, games, double headers, work, and a social life there isn't anything the guys would rather be doing during the summer. Being on the baseball field is where they love to be.

"The guys are really great. They put their all into every game and practice we had. They worked hard, and everyone got along, so, it was fun. I couldn't ask for a better group of guys to coach," said Head

Couch **Brian Luft**

Getting up and going early in the morning in the summer heat is probably not on everyone's "to do" list, but for this group of dedicated guys it was no issue.

"The heat wasn't really that bad. I like going to games. Summer is all about being with your friends doing the things you love to do," said senior **Garrett Hagins**. "I don't really have to worry about my friends going out and having fun without me while I'm at practice because most of my friends are at practice with me. We all love baseball, it is what we all love to do."

These boys take on a lot of things during the summer with jobs, games, practices, having a social life, and finding

time to relax.

"I have a job and baseball. It can get frustrating when I try to balance my time, but I make time for baseball. I wouldn't be juggling my time around if I didn't really care. I will always make time for my baseball schedule to fit into whatever I have to do," said senior **Jack Housley**.

Love of the game and good friends, mixed with a lot of dedication, is what takes this group of guys to the field every year. Baseball is the national pastime.

"You just have to have love for the game."
- Senior **Jeff Zelenovich**

J.D. Smith
Joe Kephart
Jason Fitzgerald
Dustin Fisher
Tyler Dearth
Jeff Zelenovich
Ryan Merryfield



Here's the pitch...



...and the swing...

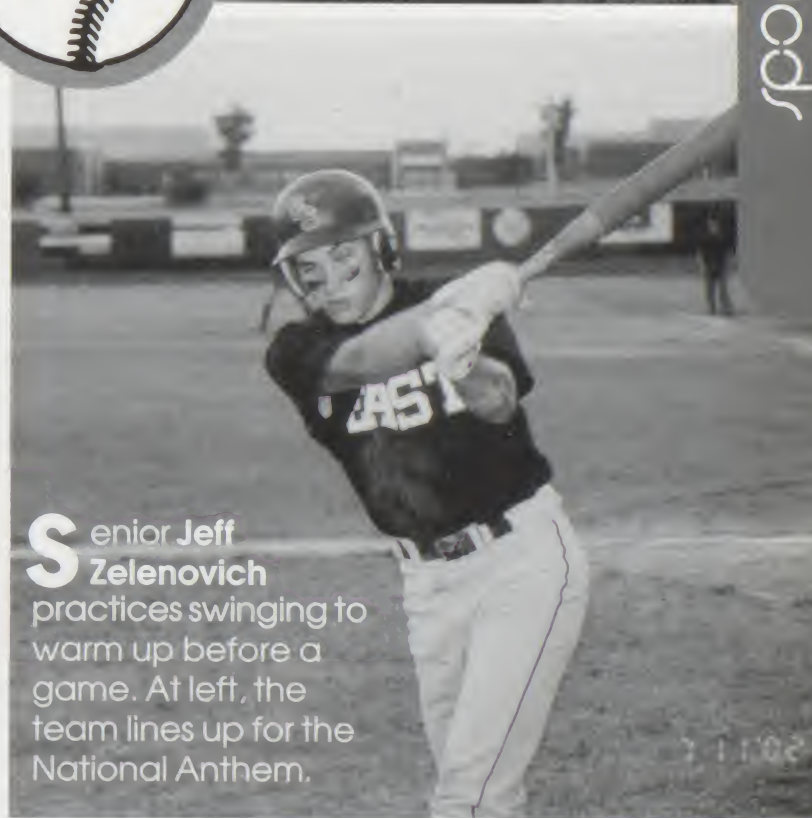


...Home Run!!





At left, senior **Dustin Fisher** waits anxiously for the pitch. Below, senior **Garrett Hagins** practices his catching skills.



Senior **Jeff Zelenovich** practices swinging to warm up before a game. At left, the team lines up for the National Anthem.

sports

A smiling coach **Jerry Collins** (below) has a reason to smile. East beat Indianola at Indianola. Junior **Nicole Kouri** practices her swing (at bottom). She scored a home run at her JV game prior to playing in this varsity game.



The team breaks after a quick meeting with Coach Ligouri at a home game. Below, the whole team walks out, ready to play.



HITTING the Ball

Roster:
Lindsay Steele
Jeni Grochala
Kellie McFadden
Shannon Michelsen
Brandy Budd
Stephanie Cozad
Mandy Ulmer
Bobbie Stradley
Nicole Cockerham
Kim Howell
Nicole Kouri
Ashlee Petersen

Elyse Logan
Whitney Link
Carrie Hatfield
Amanda Zust
Jessica Cockerham

Story/Layout: HOLLY HEDBERG

The varsity softball team had yet another new coach, but this time he's sticking around.

"I was really excited to get the chance to coach a great bunch of ball players," said new coach Bob Ligouri, who is the former coach of the Dowling varsity softball team.

The year before, the team had a new coach, Craig Martin, after long time and well-known softball coach Bob Savage retired. Coach Martin was fired after only one season.

The girls heard rumors ahead of time that Ligouri was a no-nonsense guy and they prepared for some tough practices.

"When I heard we got Ligouri, I knew we would have to work harder than ever for varsity," said senior **Brandy Budd**.

With Ligouri's help, the girls went to state for the first time in many years.

"We had a blast. We were pretty proud of ourselves and the team did really good, even though we lost. We brought home the conference championship," said senior **Mandy Ulmer**.

The team agreed that they had improved since last year. They plan to be state champions next year and to work hard to earn the title.

"As a whole, we improved 100%. We definitely have Ligouri to thank for this and, of course, ourselves," said senior **Shannon Michelsen**.

"Overall it was a very good season for our program. We had nine girls make an all-state team and we beat some good teams," said Ligouri.

The team isn't all that has improved. Ligouri, along

with many parents and fans, worked to make a few changes around the softball fields. The home side of the field gained a new dugout, a new walkway was built, batting nets and cages had been built, and flowers had been planted.

"My favorite part would have to be the new bullpen," said junior **Nikki Cockerham**. "It's so convenient."

A few parents were recognized for their hard work at the end-of-season banquet.

Jim Cockerham, Gary Denning, and Steve and Debi Howell spent hours at the softball field helping to dig, plant, and nail.

"I'm pretty sure I can speak for the whole team when I say that their work is much appreciated," said Budd.

Among other things, the team's overall look was

improved with brand new uniforms. The team ordered three new jerseys, new shorts, new visors, new socks and sliding pads.

"This year we got the coolest uniforms," said senior **Stephanie Cozad**. "They look just like the big team's uniforms do and they are so comfortable."

"We had a good year and I know we'll kick some butt next year. I'm just glad we have such a great team and a cool coach," said Ulmer.

"I thought this season was full of improvement."

-Senior **Shannon Michelsen**

sports

Pitching a fastball, sophomore **Greg Tarr** (at right) throws the ball to home plate for a strike.

Winding up for the pitch (at far right), sophomore **Nate Roth** gets ready to throw a fastball.



Getting home safely, a sophomore dives to score a point for the team.



WORKING as a Team



Story/Layout: **BARBIE MORRIS & OUDAPHONE TRAN**

Roster: FROSH
nick eaton
matt grochala
pete michelsen
tyler raymond
spencer shaw
alan althaus
mason ballard
drew beals
luke bolander
tim bolten
brian doornenbal
josh dunham
perry erickson

tyler gist
jeff jones
nick lange
brian merryfield
kenny savage
robbie snyder
derek wennekamp

Roster: SOPH.
marty mahler
david bryant
tyler boattenhomer
robert bourdon
jeremy cook
troy deaton
ron harmon
jeremy mcdaniel
ryan neff
carlos patino
nate roth
greg farr
dustin webber
aaron young

I imagine someone holding a bat, stepping up to the plate and waiting for the pitch. As the batter takes his stance, the pitcher looks for the signal, winds up and fires it in. Then the umpire hollers, "STRIKE ONE!"

For the freshmen and sophomore defense, most of their practice time was spent rehearsing for the opportunity to hear those words.

As for the sophomores, they were excited to be playing baseball again.

"I love playing baseball in the summer," said junior **Robert Bourdon**. "I can't wait until the next season."

Although the sophomores were happy to be playing again, the teams began their season with a rough set of games.

"We lost our first few games," said junior **Troy Deaton**. "The teams we played were pretty good. They just wanted it more than we did."

One minor problem was pinpointed early with the team, a few of the players were often distracted.

"I think that some of the guys played around a little too much," said junior **Aaron Young**. "Most of the players did a good job paying attention at practices, but some guys just paid no attention to the game the

Sliding to safety, sophomore **Dustin Webber** lunges for second base to beat the tag.

"Our coach pushed us very hard at every practice."

-Sophomore **Derek Wennekamp**

entire

time. The sophomores ended their season with a 10-

18 record, but the players have a positive attitude about next year.

"I think we could've done a lot better," said Young. "But I think we will all improve before next season."

The freshmen, however, had a season to brag about. They ended their season with an impressive 17-9 record.

Sophomore **Derek Wennekamp** said the freshmen owed their winning record to practices and hard work.

"Our coach pushed us very hard at every practice," said Wennekamp. "He wanted us to work hard and make it to the top."

Every team had key players return and looked for opportunities to turn the tides and make a comeback for the

team.

"Our strongest quality this year was our returning players," said freshman Head Coach **Scott Rourke**. "They have more experience in the game than our newcomers."

Sometimes, along with the pressure of winning comes sweating. The toughest games were played under the boiling hot sun and that was the dominant memory for most.

"During most games I sweated a lot," said sophomore **Josh Dunham**. "After a few innings, most of my teammates and I were exhausted."

Photojournalists: Barbie Morris & Marty Mohler.

sports

After coming in from a hard inning out on the field, the freshman girls get ready to bat. All of the girls were required to be at practice five days a week.

Sophomore **Nichole Kouri** listens to her coach's advice on base running, below. At bottom, a JV player hits a single and opponents try to make the out. This year, the girls had some of the best batting averages in recent years.



Some fans enjoy a variety food as they root on the girls softball teams. Most people that came to watch during the season complimented the new field work done this year.



THROWING

the Best Season out there

Roster: JV
Angie Baumeister
Jessica Beavers
Brooke Budd
Jenny Carr
Jessica Cockerham
Carrie Hatfield
Nichole Kouri
Whitney Link
Elyse Logan
Kellie McFadden
Jamie Nixon

Story/Layout: BROOKE BRUMLEY

The summer isn't always just fun and games during a vacation from school. For a softball player, it was a time for sweat, work, and practice.

"The summer was very hectic," said sophomore **Jodi Housley**. "Softball came before anything and everything."

If a game was not scheduled, they always had a practice. According to senior **Kellie McFadden**, the year was about working as a team.

"Compared to previous years I have played for East, our team definitely improved," said McFadden. "We became more team-oriented rather than individually competitive."

Try-outs for the 2001-02 softball season were held in mid-May and the rules changed compared to previous years. A new no-cut policy went into effect for the freshman team, meaning everyone who tried out made the team.

"I like the no-cut policy because you don't have to compete as much with people," said sophomore **Myra Weatherall**. "I didn't have to be the best."

Watching her other teammates bat, sophomore **Heidi Hedberg** relaxes a little. Along with Hedberg, over half of the JV team consisted of underclassmen.

"My schedule was very hectic. Everything I did revolved around softball."

-Freshman **Angie Baumeister**

Many of the girls have been playing softball at East for numerous

years.

"I've played softball here since my freshman year," said McFadden. "I may continue through college."

Some girls found playing softball for East to have more advantages than playing for a league, according to Weatherall.

"I feel more important here because I feel like I'm supporting the school," said Weatherall.

"It's different from a league because when I win for a league it's nothing, but when I win for my school, I am competing to be part of the best school."

As the season progressed, the memories built and so did friendships and teamwork.

"Over the summer we had 15 games in 30 days," said sophomore **Andrea Denning**. "But the whole team kept their heads in and didn't get down when we lost. Our coaches and all the girls had good attitudes throughout the year."

Most of the girls reached their goals and did their best this season, according to sophomore **Jessica Beavers**.

"My goal for the girls was to come out better prepared for each game," said coach **Tricia Bennett**. "We worked better as a team and improved our weaknesses at the hard practices. All the hard work paid off when we won a game."

Lindsay Owens
Ashlee Petersen
Kasadee Sellers
Shelby Speck
Kayla Trumbo
Mandy Ulmer
Amanda Zust

Roster: FROSH
Amanda Conner
Andrea Denning
Katelin Eaton
Ashley Goodpaster
Heidi Hedberg
Jodi Housley
Myra Weatherall

sports

After ratting their hair in the lockerroom, the varsity team poses before a tough match. Hair ratting was one of the traditions the girls used to loosen up before a game.

Over the summer the team practiced in the gym as well as in the sand at Sleepy Hollow Sports Park.



Junior **Kristen Robinson** dives for a ball during a summer practice. At right, the varsity took a team picture with senior manager **Tarry Heckathorn** and Coach **Terri Fenstermann** at Homecoming.



SERVING

up Spirit



Story: *THYTA INTHAVONG* Layout: *CHELSEA PICKETT*

Varsity :
beth widlund
ashley letze
jeanna frost
payton petrie
chelsea pickett
mandy ulmer
jayne wetzel
brandy budd
shelby speck

Photojournalist: Chelsea Pickett

The opponent serves; junior **Kristen Robinson** passes the ball to the setter. The setter sets the ball to the hitter and junior **Ashley Letze** spikes the ball. The opponent misses and Letze gives possession to the Scarlets.

"Spiking comes natural to me," said Letze. "In the sixth grade I sucked, but after eighth grade I went to camp and I got better."

According to **Terri Fenstermann**, skilled players, like Robinson and Letze, need to have the ability to move well on the court, a good attitude, and jumping talent.

"I think you have to be mentally tough," said senior **Brandy Budd**. "You have to be quick on your feet because there is a lot of moving involved."

This year, varsity coach **Terri Fenstermann** did something different with the girls: she made them take a written test.

The test ranged from defensive to offensive plays, walking the girls through each one step by step. It was not a pass-fail test; it was made to see whether the girls knew where to go when the ball was coming towards them.

"I had to be inventive like that, bringing up new things," said Fenstermann. "They had to visually see it, instead of being told what to do."

Like every other sport, there are goals that need to be met. Most girls all had one goal in common: working better as a team.

"Being the only freshman playing varsity I had to adapt myself to that," said freshman **Carrie Hatfield**.

"Almost all of [the varsity girls] have been playing together since their freshman year and I am just starting with them."

The JV team agrees.

"Volleyball is a team sport," said sophomore **Vivian de la Cruz**. "If we don't help each other out, then how does everyone expect us to win?"

Most girls have been playing since the sixth grade and have been improving ever since.

"I think since I have been playing for so long I learn new things every time," said sophomore **Amanda Smith**. "I also think it is an advantage because I know more than others and can teach them what I have learned."

Practices consisted of two to three hours in the gym going over basic skills and mainly focused on scrimmaging. The girls also went over serving and passing.

Not doing well in games led to consequences in practices, consisting of killers (running), lunges, and long lectures.

"Doing killers were the worse," said sophomore **Sarah Wignall**.

"But we eventually got used to it because we didn't do so well in games."

Even though they did not win any meets, sophomore **Ashlee Rankin** felt that playing other teams was good competition.

"I thought that there needed to be improvements in how we played against other teams," said Rankin. "We always tried our best, though, and didn't walk out disappointed."

"We always tried our best and didn't walk out disappointed."

-Sophomore
Ashlee Rankin

kristen robinson
jamie nixon
ashley munoz
aimee munoz
carrie hatfield
jenny carr
JV:
amanda smith
meaghan bruner
carissa hibben
justine eaton
brooke fisher
silvia aguyayo
vivian delacruz
chaneze jackson
sarah wignall
lindsee hook
myra weatherall
ashlee rankin
amber czizek

sports

OVER the Net

Photos by: Reeio Sumabat.



Roster:
Amanda Archer
Genesis Beltran
Brittany Fisher
Mollie Horton
Melissa Horner
Ashley Logan
Megan McElderry
Elyssa Patino
Kasadee Sellers

Story/Layout: REEIO SUMABAT

As freshman **Ashley Logan** left her seventh period class daily and she prepared herself for volleyball practice after school. She was eager to improve on skills and techniques to play well in each game. Like all of the freshman volleyball players, she worked towards a win.

For most of the girls on the team, winning was important, but not the most important thing about the sport. Most enjoy the sport because it is just plain fun.

"I really have fun working with others on the team. I like being able to work with the girls and get a lot of good exercise in, too," said freshman **Amanda Archer**.

"I like the intensity of the game," said freshman **Genesis Beltran**. "The way you have to depend on your teammates to set up a play or get the ball where you want it to go is what attracts me to the sport. I also love the competition."

Besides just having fun and liking volleyball, it takes some skill to be a successful player. All of the girls have had at least one, if not more, years of experience in playing.

"I have been playing for three years now," said Beltran. "I think it is a great sport to get into. It keeps me in shape and helps me with people skills."

"I have watched the girls during their season and they improved a lot by the end," said head coach **Terry Fenstermann**. "They have some exceptional athletes."

According to a couple of the girls, the season

didn't start out with all fun and games, even with having experienced players on the team.

"In the beginning of the season we had some hard times people getting along," said Archer. "but we worked the problems out."

Practices were also very important to the girls and they practiced every day after school for at least an hour.

"For most of the practices we worked on the basic skill, such as passing, sets, hits, and spiking," said freshman **Melanie Woltz**. "We also worked as groups and individuals."

"Practice really helps us to perform better in games," said Logan. "It helps us with mastering our skills and getting to know our teammates better. When someone misses too many practices, you can tell during the games because their performance is not up to their best."

The practices pay off when game time comes. Even though they don't win every game they play, the fans enjoy coming to see and support the girls.

"My younger sister plays on the team, so I go to a lot of the games," said senior **Megan Logan**. "I like to show my support for her and the team. They really try their best."

"I really look forward to working with them in the future," said Fenstermann.

"I like the intensity of the game, it's what attracts me to the sport."

- Freshman **Genesis Beltran**

JaRae' Shelton
Latisha Streeper
Melanie Woltz
Amanda Zust

Volleyball is also very popular outside of its season. It is widely played in gym as a fun group activity.



PLAYER PROFILE



Name: Latisha Streeper
Position: Special Defense
Quote: "I have been playing volleyball since the 6th grade. I love the sport."

Name: Melissa Horner
Position: Middle, Front, and Left Front

Quote: "The year started out pretty rough, but as the season went on things got better. I had a blast."

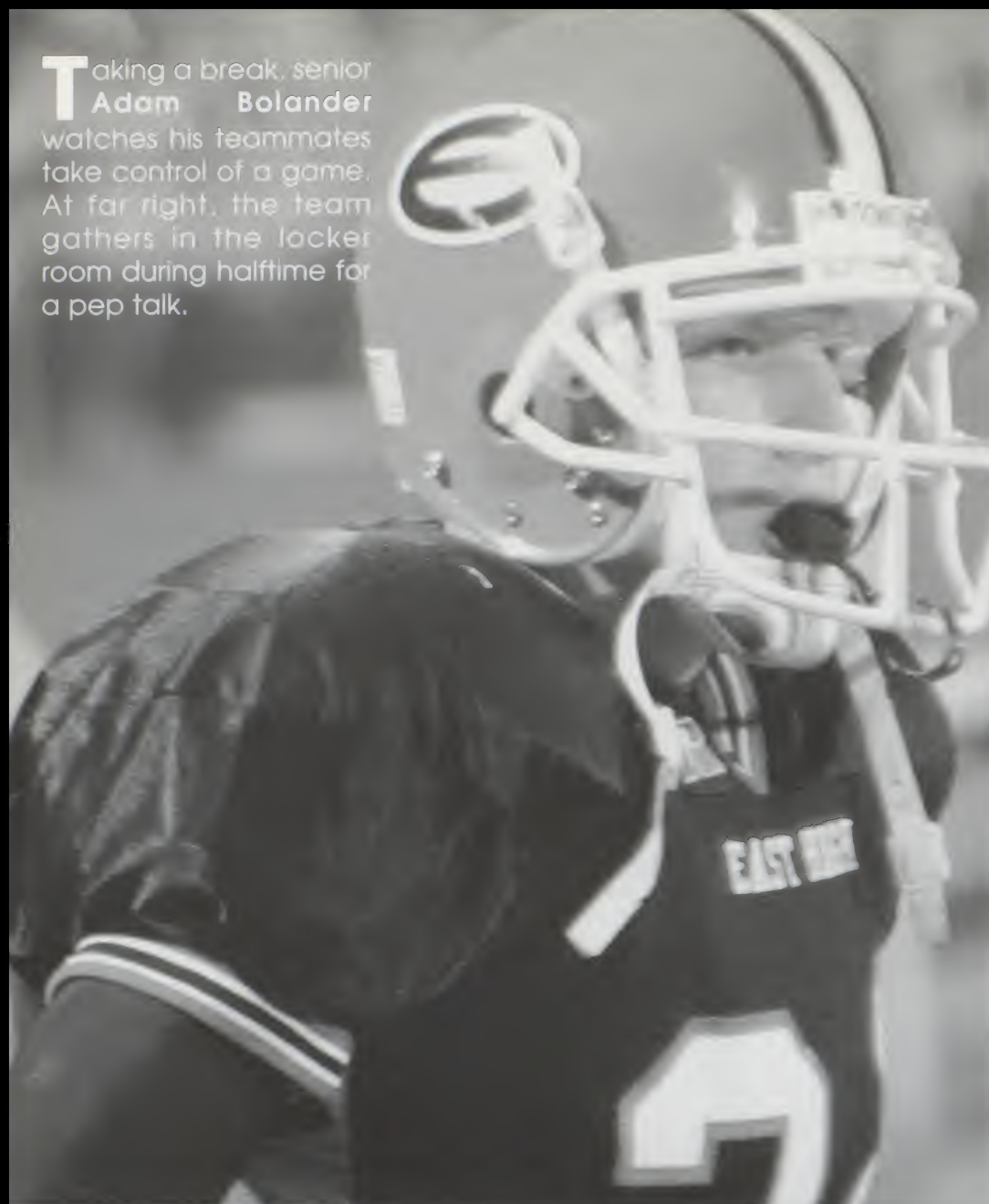


sports

Coach Fenstermann talks to a few of her players. Many of the players take weight training, too, instead of gym.

Freshman **Latisha Streeper** practices her spike. Many of the girls feel that they had improved as a whole at the end of the season.

Taking a break, senior **Adam Bolander** watches his teammates take control of a game. At far right, the team gathers in the locker room during halftime for a pep talk.



Playoffs...

an East High history...

Five buses of faithful Scarlet fans loaded up and headed out to the first East playoff game in more than 10 years. Students, alums, and other fans faithfully stood by and watched as the team played the Mason City Mohawks, a team with an 8-1 record.

"It was a good game. I couldn't believe how many people were there," said senior **Ashley Knight**. "I couldn't be more proud of our team and I think I speak for everyone at our school by saying that."

The final score was 31-20, Mason City. East finished the season (after playoffs) with a 6-4 record.

-Kelly Clark



The Scarlets run to tackle the North players in the "game of the century," the 100th game against the Polar Bears. The Scarlets won, 55-0.

BUILDING a Legacy



Roster:
Montez Rankins
Garrett Hagins
Gabe Hibben
Ken Phaydavong
Jeff Zelenovich
Dan Lint
Jaime Fitzgerald
Ryan Neff
Mike Matthews
Robert Thompson
Carlos Patino
Adam Scarlett
Nate Nissen
Marque Glenn
Scott Phaydavong
Jeff Carstens
Anthony Renfro

Photos by Archie Webb.

Story/Layout: KELLY CLARK

Each Friday night Williams Stadium was filled with hundreds of people anxious to see a rousing game of football. Everyone in the stands was eager with anticipation to see if the Scarlets would win yet another game.

"I loved going to the football games this year. I could tell that the guys had been working hard to become better than they were last year. I'm really proud of their progress," said sophomore Tiffany Smith. "I know the guys will keep up the good work in the years to come."

This season was particularly good for the Scarlets. With a record of 6-3, the team is doing better than they have in years.

"I am not really surprised that the team did so well this year because last year we did great," said senior Eric Radley. "I knew we would do that good."

The team practiced every night after school to improve their game. They gathered to talk about team strategies and plays they used to make games exciting.

"Practice was lots of hard work. The coaches take their job seriously and they let us know that we needed to do our best because all of us wanted to represent our school in a positive way through the way we played," said senior Marcus Nece.

The highlight of the season was the game against Dowling. The varsity team beat the Maroons 38 to 21. They were state champions for two consecutive years and for East to beat

Dowling," said senior Scott Phaydavong. "We practiced hard. That victory was so exciting because no one expected to beat them for the simple fact that we haven't beaten them for so many years, it was definitely a game that will be remembered."

The win against Dowling wasn't their only accomplishment. The "battle of the century," the game against North, East's biggest football rival for 100 years, was also added to the list victories.

The Polar Bears lost 55-0 on that night.

"The North students made a big deal about their new field which I really didn't think was all that great," said junior Jon Guy.

"We never doubted for a minute that we wouldn't win. It was great beating them but it was even better that it was on their own field."

For the homecoming game, the team played Mason City a squad rated number five in the state. The team and the spectators all held their breath that night.

"I had no idea whether we would win or not," said senior Morgan Post.

"The score was pretty close throughout the game. Although we didn't win I am really proud of how well the guys played. Mason City is a tough team to beat."

The game against Ottumwa also dropped jaws in the stands as well as on the field. The score fluctuated so much that no one could predict at anytime who the winner would be. The final score was 56-46, Ottumwa.

"We gave it all we could but we fell short," said junior Mike Deerr. "Just like the whole season though, we never gave up, not once."

"We never doubted for a minute that we wouldn't win."

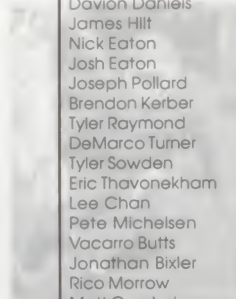
-Junior JON GUY

At the homecoming game (upper left), senior **Montez Rankins** runs to the end zone to score against Mason City.



sports

MAKING it a Tradition



Story/Layout: **TINA NICKERSON**

The clock is ticking, the crowds are cheering, freshman **Alex Reed** races to the end zone to score the winning touchdown...and it's good, the Scarlets take the victory!

Reed, along with the rest of the mighty Scarlets, pushed themselves throughout the year to do their best at each and every game.

"It was a challenging year, we all had to push ourselves and do our best," said Reed. "In the end, we all got through feeling good about ourselves and the year."

Making sure the teams stayed tough throughout the year was the job of 10th grade coach **Ken Burgess** and 9th grade coach **Carl Drautz**. Each did their own part in keeping the team in line. Burgess has taken a new job as East's athletic director and won't be with the team next season.

"I've enjoyed coaching for the last ten years and I know I will miss it," said Burgess. "One thing I will never forget is how great each and every player and coach I've worked with was."

Although the thought of their coach leaving was fresh in their minds, the team stayed focused the whole time. They always wanted to keep going even if the outlook wasn't looking so good. Team practices after a long school day played a major role in how each game was played.

"Some of us were pretty disappointed that Burgess was leaving, but we just had to concentrate on how we were playing," said freshman **Nick Eaton**.

Every player anticipated the outcome of each game;

some were more surprising than others. The freshman victory over Mason City and sophomores scoring 37 points against the undefeated Ankeny were very unexpected and left the team with their heads held high.

Yet, there is always the bad that comes with the good, a few losses but nothing to keep the Scarlets down in the dirt for good.

"I got really excited when we did good in a game, even if we didn't win," said sophomore

Robbie Hill

"I got excited when we did well in a game, even if we didn't win."
Sophomore Robbie Hill

"Our whole team was ecstatic when we beat Mason City, especially since it was our homecoming game," said freshman **Tyler Sowden**.

Some games were lost, but this only motivated them even more, some more than others. Eight kids from the sophomore team had a spot on

the varsity team. The players just didn't show up and ask for the spot; they had to prove they were able to play well while knowing how to stay dedicated, focused and have a good attitude towards other teams and fellow teammates.

"Playing on the varsity team was fun, I had a blast being able to play with the big boys," said sophomore **Jamie Fitzgerald**.

Through the great times and disappointments, the team always stayed tough, stuck together and did their best. That, to many of the players, is what made the year a winning season.

Roster: 9th
Davion Daniels
James Hill
Nick Eaton
Josh Eaton
Joseph Pollard
Brendon Kerber
Tyler Raymond
DeMarco Turner
Tyler Sowden
Eric Thavonekham
Lee Chan
Pete Michelsen
Vacarro Butts
Jonathan Bixler
Rico Morrow
Matt Grochala
Ryan Stockbauer
Luke Griffith
Pat Pringle

Jack Court
Alex Reed
Justin Anne
Robert Stevenson
Robin Mickens
Scott Vulgamont
Kyle Thompson
John Sheben
Justin Mornier
Marc Whalen
Aaron Shaw
Tad Hoover
Nate Harvey
Trevor Hager
Robert Sanders
Royce Phillips
Bryant Reynolds
Mavrice Day
Jacob Vincent
Zach Clark
Towler, 10th
Derek Wennkamp
Todd Claiborne
Luke Bolander
Jamie Fitzgerald
Matt Dick
Tyronne Johnson
Jeremy Anderson
Nick Ambrosio
Jayven Dielplane
Travis Scott
Alan Harrington
Nick Bunce
Robert Thompson
Ashron Sauls
Robbie Hill
Alan McConnell
Craig Whitney
Robbie Snyder
Lenny Little
Rory Perry
Pete Cooper
Andrew Strahl
Andrew Hastings
Doug Rowe
Pat Pollard
Kentrell Johnson
Josh Ziegler
Brandon Ramez
Nick Lange
Tim Bolton
Perry Erickson
Ben Crowder





The defense takes charge to get a good start early on in a game. At right, the team sits down after a long game to discuss how the game went.



The players come together and raise their helmets in the air after a tough game against Lincoln. The Scarlets won 54-0.

What's *your* overall opinion of this season?



I think each player did their best at each and every game. They all stayed focused and tried as hard as possible to win every game they played.

-Junior Corrie Nagy

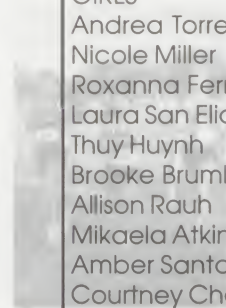
I know that the team gave it their all. Each player should feel satisfaction for what they've accomplished, even if the season didn't turn out to be a winning one.

-Junior Chris Guhl



SETTING the Pace

Photos by: Brooke Brumley.



GIRLS
Andrea Torres
Nicole Miller
Roxanna Ferreyro
Laura San Elias
Thuy Huynh
Brooke Brumley
Allison Rauh
Mikaela Atkins
Amber Santa Maria
Courtney Chaplin
Sierra Buck
Staci Owens

Story/Layout: STACI OWENS

Junior **Sierra Buck** places her foot on the white starting line awaiting the sound of the starter pistol. The shot is fired and she sprints the first 200 meters of the two and a half mile race.

Buck is not the only cross country runner with this much ambition.

Buck said adding a half-mile to the original two, made it a little harder this year for the returning runners.

"Even though this year was tougher, girls still came out for the sport and did their best," said Buck. "I really admire girls that stick to this activity because it is definitely not an easy task."

This year the girl's team received 14 runners. With four returning runners and ten newcomers, the team all came together and ran their best.

Many started getting ready in June by running every day and lifting weights in the mornings on Tuesdays and Thursdays at seven in the morning. They started the summer off by running ten minutes and increased it by two minutes every other Friday. By the end of the summer they were running up to 26 minutes every day.

"I really think that the weightlifting program helped us out a lot," said junior **Allison Rauh**. "It really helped me get my best time this year at the conference meet."

Junior **Mikaela Atkins** said, "Running every day helped me get my endurance up for the tough season."

At the end of the summer the girls went to Lake Aquabi. This weekend away was a way to strengthen the team's "bonding." They went paddle boating, canoeing, and went on a four mile run.

"I liked camping with them because it helped the

team bond with one another," said Coach **Deb VanVelzen**. "They also got to run and that got them ready for their first meet."

When school started, the girls had their second annual 12 hour run. This was held on Saturday, August 31. Meeting at William's Stadium they began bright and early at five and ended at five.

"We all ran about two hours each but we took turns running 30 minute intervals," said junior **Courtney Chaplin**. "We had tons of fun but by the end of the day we were extremely tired."

The girl's team isn't the only group that

worked hard because the boys had their share of tough runs, too.

They started practicing daily on August 19 and stayed consistent until the end of the season. Their workouts consisted of runs up to six miles long.

Their meets were on Tuesdays and Thursdays, sometimes two a week. They usually started after school at 4:30 and races consisted of three long and firing miles.

"Our practices were really hard, but we all did our best," said junior **Robert Bourdon**. "They really got us ready for our meets."

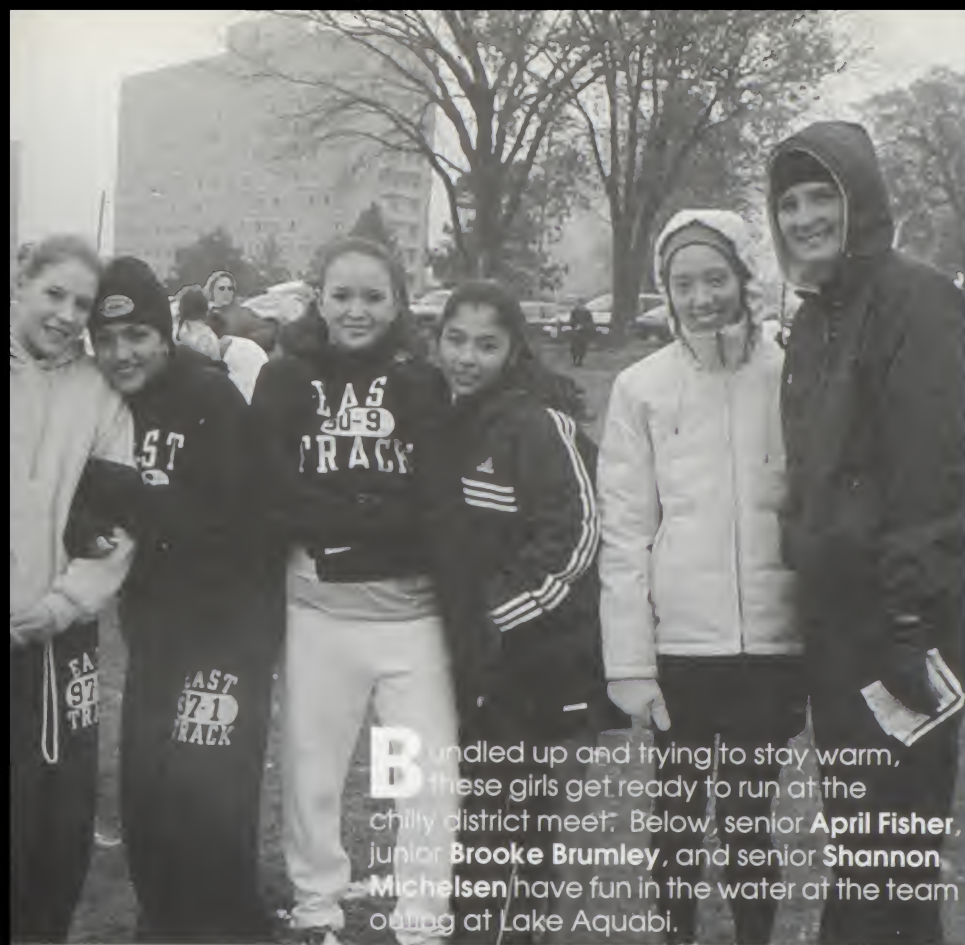
They finished 3rd in conference and had three outstanding runners receive medals: sophomore **Nyuoh Mathok**, juniors **Jeremiah Yassin**, and Bourdon.

There is no doubt about it, the cross country team "has tons of heart," according to sophomore **Nolan Walker**.

Shannon Michelsen
Aprill Fisher

BOYS
Luel Tenny
Robert John
Zach Reese
Nolan Walker
Nyuoh Mathok
Michael Miller
Evan Fousek
Trevor Dickey
Andrew Van Gundy
Jeremiah Yassin
Zach McLaughlin
Matt Donahue
Robert Bourdon
Scott Flaherty





Bundled up and trying to stay warm, these girls get ready to run at the chilly district meet. Below, senior **April Fisher**, junior **Brooke Brumley**, and senior **Shannon Michelsen** have fun in the water at the team outing at Lake Aquabi.



Running his hardest, Junior **Jeremiah Yassin** had a great year qualifying to run at districts and state. Below, the Varsity team remembers to use their arms while running at Hoover.



All right, back to the running. Senior **Donahue** and Junior **Donahue** had a great year. Bottom right, the Varsity team remembers to use their arms while running at Hoover. At that meet, the Varsity team set some of their best times of the season.



MAKING a Splash



Roster:

steve strock
justin bales
ross hesseltine
nick ansbach
joe farley
brian robby
kyle gowin
dana piatt
brandon ramirez
patrick suggestt
tim bolten

Story/Layout: THUY HUYNH & KAYLA TRUMBO

It's 6 a.m. The water is still. Not a ripple is visible on the surface of the pool. Splash! About fifteen boys jump into the depths of the inky blue pool. Who could these crazy guys be? Who would jump into an ice-cold pool that early in the morning? The EHS boys' swim team, that's who.

This year, the guys had morning and afternoon practices from the beginning of November to the middle of winter break.

"The morning practices were a pain, but after a while, they became routine," said sophomore **Brian Robby**.

The guys differed on which time of the day was more demanding.

"I thought the morning practices were easier than the afternoon ones because they weren't as long," said Robby.

"I thought the practices were all pretty hard," said sophomore **Brandon Ramirez**.

Being on the swim team involves hard work and going the extra mile. This year the coach focused on more intense conditioning, a "dry land" workout. Practices started out with stretching and continued with sit-ups, push-ups, running around the pool, arm pulls, and other exercises before a jump in the pool to swim laps.

"The dry land workouts were tough and they really helped us get into shape this season," said sophomore **Patrick Suggestt**.

Their hard practices paid off in the long run with a win over Lincoln, 84 to 81. The team hasn't been able to beat Lincoln for nearly 75 years.

"I thought it was a good thing," said Suggestt. "I was surprised we beat them because they are a tough team."

Although most practices were hard, every once in a while Coach **Erin Lowe** surprised the guys with a fun practice.

"We sometimes just goofed around to keep us all from going completely insane," said junior **Nick Ansbach**. "We played water polo or volleyball or something fun like that."

Lowe, who is a kindergarten teacher at Pleasant Hill and a former EHS swimmer, stepped in as coach this year bringing her style.

"I liked Coach Lowe better than last year's coach because she was more dedicated, focused, and organized," said senior **Steve Srock**. "She focuses on everyone, not just one person."

"She lets us have fun, but she pushes us hard to get ready for

meets. She works hard and I like the way she brings everyone together," said Ansbach.

The team didn't have the best turnout, but definitely improved throughout the season.

"There were some new swimmers that could hardly swim a lap at the beginning of the season and at the end, they could swim over 20 laps," said Suggestt.

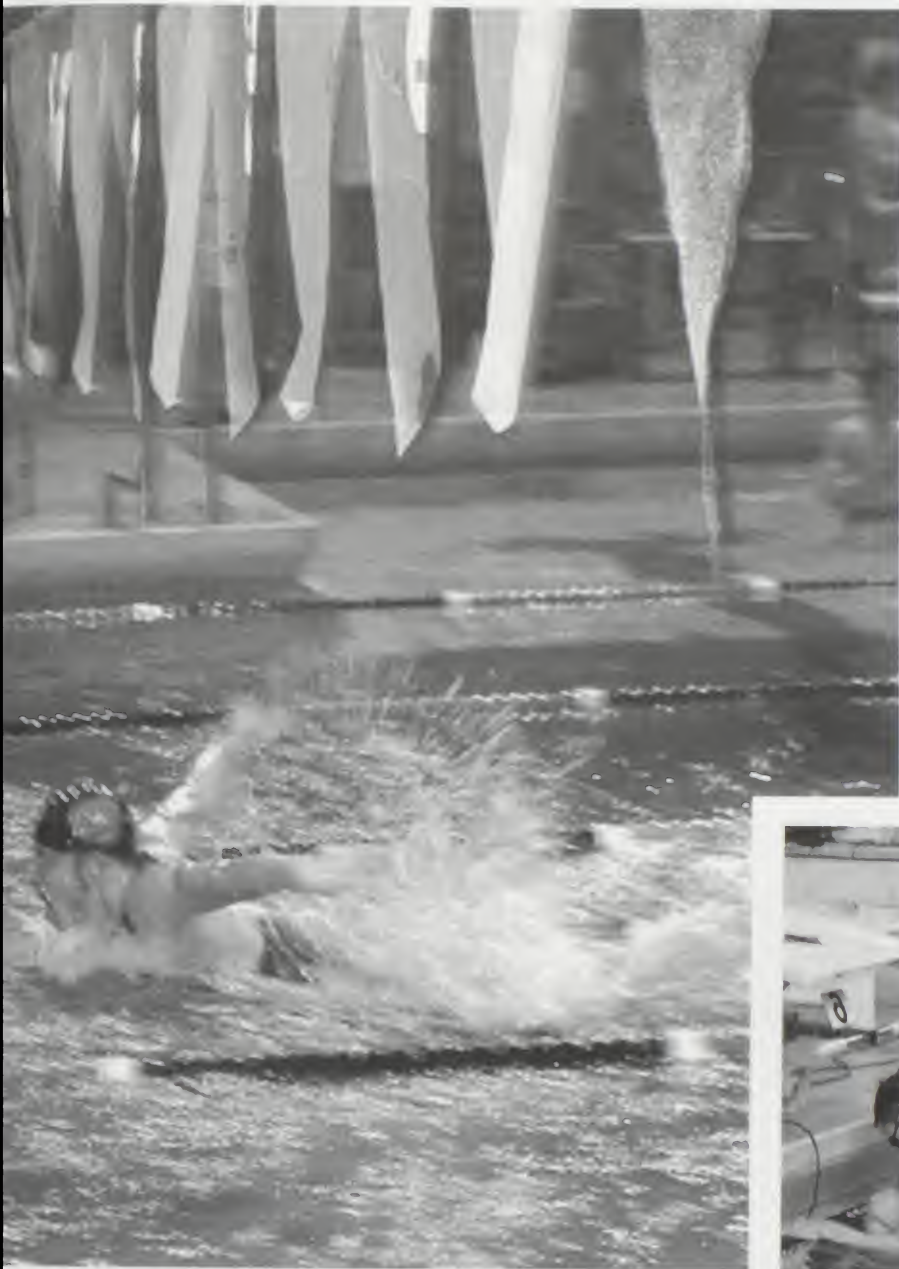
"We had some really great seniors this year, but they'll be gone next season and the sophomores will need to step up," said Ramirez.

"I think in a couple of years we will be great."

*—Sophomore
Luke Bolander*

luke bolander
scott sullivan
chris piatt
tad hoover

At left, senior **Ross Hesseltine** takes a deep breath while he dives forward to another victory. This season Hesseltine finished 9th in the 50 Free, and 6th in the 100 Free at the state swim meet. Below, members of the team prepare for another hard practice by doing conditioning sit-ups. This season, for the first time, the team did "dry land" workouts before practices.



Above, sophomore **Luke Bolander** listens for the horn in the far left lane. Far left, sophomore **Tim Bolten** gasps for air as he swims to the finish line. At left, freshman **Chris Piatt** waits anxiously for his hair to be shaved. Most of the members of the team had their heads shaved for districts.



Teammates **Allie Griffiths** and **Angie Puffett** pose for a picture in between races during a meet. This year Griffiths broke two school records.



For most girls swimming doesn't stop at the end of the season. Many take lifeguarding class so they can get good paying jobs during the summer. Below, teacher **Mark Hurley** shows the class a new technique.



"The best part of swimming is the job opportunities that it can lead to. Being a lifeguard, I got to sit by a pool all day and while making great money."

-Sophomore **Alex Giddings**

"My main goal for next year is to stay in shape so that I don't have another shoulder injury. I also would like to drop my times."

-Junior **Alia Winterbottom**

"We always goofed off in practices. It was a fun way to work out! The meets were fun too!"

-Freshman **Anna McCourt**

"The best part of the season, for me, was when Allie broke the school record in the 500 free. I think I was more excited than she was!"

-Sophomore **Shannon Stewart**

"I would really like to see the team improve as a whole next year. It would be great if more girls came out for swimming."

-Coach **Stan Thompson**

"My best memory of swimming was when I first broke the 500 free record at a Hoover meet. Then I broke the 200 free, too. I had a great season."

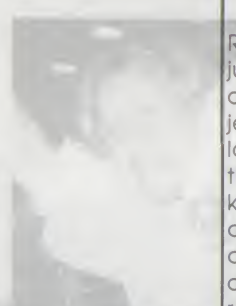
-Sophomore **Allie Griffiths**

"We usually only beat North, so beating Perry felt good. Our relay got disqualified and I was upset because we didn't get to compete. Overall this season was better than last season, so that's something that I can be proud of."

-Sophomore **Jenne Reedholm**

DIVING

right In



Roster:
julia byers
danielle campos-anderson
jessica cantwell
lacey chumbley
tiffany dalrymple
katelyn dehaan
anna filippelli
alexandra giddings
allie griffiths
rachel holcombe
ashley hughes
megan mcallister

Story/Layout: REEIO SUMABAT

People screaming. Water violently splashing everywhere. Bodies moving rapidly through the water. Whistles going off. Pure chaos. What do you envision? No, this isn't another Jaws movie. This was a typical scene at each girls' swim meet.

This season the team was determined to succeed.

"We worked very hard and achieved good things for the season," said Coach Stan Thompson. "We had a pretty good year."

The girls were immediately put hard at work with a strenuous practice. They worked every day after school for almost three hours. It consisted of 6 to 7,000 yards of swimming. In those yards, the girls would practice on each stroke of swimming, their own personal strokes, and training their lungs.

"Practice could get pretty hard," said junior Alia Winterbottom. "I was always exhausted at the end of practice."

For most of the girls, the practice was hard work, but most of them have been doing it for a long time.

"I have been swimming since I was in the fourth grade. My sister did it and I chose to do it, too," said sophomore Alexandra Giddings.

"I started in the fifth grade," said Winterbottom. "I just loved being in the water and still do."

Other girls had trouble juggling the sport with their everyday life. According to most, this sport can be time-consuming and hard on the body.

"I have been swimming for a long time, but this year I was too busy," said junior Laquana Mitchell. "I had school work, cheerleading, and a job so I quit swimming. I kind of regret quitting. I will probably swim next year."

"I was injured at the beginning of the season so my main

goal was to recover in time for districts," said Winterbottom.

Those who continued with the team were faced with trying to meet or beat personal and team goals.

"As a team we met a couple goals," said Thompson. "We had two more team wins than last year. We beat one school record, and we had a victory over Perry."

The team also received an award from the state for having a team G.P.A. of 3.34. According to Thompson, as a teacher he stresses that doing well in school is as important as doing well in the sport.

Even though the girls only get to swim for the season, there are opportunities to swim during the whole year. Some take lifeguarding positions at local swimming pools all year round or during the summer.

"This summer I worked at Teach Our swimming pool," said Giddings. "It was an easy and fun way to get money. I was

sitting all day in the sun by the pool; it couldn't get any better."

Next year, Thompson would like more state qualifiers and an increase in the number of girls that participate.

"I think we all would like to see more girls come out for swimming," said Giddings. "It's a fun sport, but we really need dedicated girls to join us."

"Swimming is a tough sport, if not the toughest sport around," said Thompson. "Because swimming is very hard work, it's hard to get girls to come out, but I hope for a change each year."

"We would like to see more girls come out for swimming."

-Sophomore Alex Giddings

sports

Fastsider Places to Putt

Grand View Golf Course

2400 E. 29 St.
262-8414

Sleepy Hollow 9 Hole & Par 3

4051 Dean Ave.
262-4100

Waveland Golf Course

4908 University
271-8725

Copper Creek Golf Course



4815 Copper Creek Dr.
Pleasant Hill
263-1600



Figuring out the right angle to hit the ball, the girls determine their next move. Putting is one of the many obstacles of golf.



Above, the girls golf team cuts loose on the course showing the less serious side of golf. The girls were on the Grand View Course. At right, swinging hard, junior **Katie Ring** attempts to hit a hole in one.



At right, the girls write their scores, showing their competitive sides. Above right, juniors **Heidi Kaldenberg** and **Andrea Grossman** stand like twins as they show their skills driving the ball.



MAKE WAY fore Golf



Story/Layout: GINA HUGHES

GIRLS
tiffani byrd
chelsea pickett
aimee munoz
ashley munoz
jen barker
brooke brumley
andrea grossman
heidi kaldenberg
katie ring
amber santa maria
rahni janssen
casey dawson

Photos by Archie Webb & Brooke Brumley.

This year the girl's golf team started out fresh. The program expanded to 13 girls, which was a huge recovery from the previous year's team of three. This was the first year they could field a team.

"I was very pleased about the number of girls that played," said junior Katie Ring. "This year we had enough girls to have a varsity and JV team."

Even though the team now could actually compete with other schools, there still was one minor detail. Most of the girls didn't know anything about golf.

"The season started out really rough because nobody knew how to play. For many, it was their first time playing," said Ring.

Practice was held every day after school at 3 and lasted until 4:30 or 5 p.m. The girls normally practiced at Grand View or Sleepy Hollow and even had the opportunity to go to Willow Creek golf course to get a lesson from a real professional golfer.

"It was cool getting tips from the pro. I think it really helped us," said senior Chelsea Pickett.

New coach, teacher Lowell Long, was well liked, according to junior Brooke Brumley.

"It was nice to have a new team along with a new coach," said Brumley. "Every meet we learned something new together."

All the girls agreed that this year was fun.

"We wanted to be a good team and there was no jealousy, everybody was equal," said Pickett.

With the sport of golf, cost is an issue for most, but not the East girls. The girls did an ice cream cake fundraiser from Dairy Queen to pay for uniforms.

"We got a jacket, which we decided on as a team, and a shirt," said Brumley. "We wore khakis for our pants."

The clubs and bags the girls used were mostly donations from East alumni and other sources in the community.

The boy's team also had a terrific year.

"Overall this team was the best team I have ever had at East," said Coach Sy Forrester, who has coached at East for four years.

The boys started the season with tryouts for varsity and JV, which lasted three days of 18 holes each.

"We had to be there at 7:30 in the morning and it got tiring," said junior Trevor Bird. "It showed us what the season would be like, a lot of hard work."

The golfers didn't just prove to be good players; they also proved to be gentlemen when Coach Deb Waltz's pay was cut due to cuts in the budget.

"We all chipped in \$20 and paid her the salary she would have had," said junior Jesse Antelman.

"I thought it was a good idea because she is a good coach and deserved it. She helped us a lot and gave us good advice."

The team also practiced after school at Grand View or Sleepy Hollow's driving range. Practices lasted from 3:30 to 6:30 p.m.

"It was fun because I got to hang out with my friends after school and play a free round of golf," said junior Trevor Jones.

There were a few disadvantages for the boys during school because they would often have to miss class and leave school early for meets.

"It's not an easy sport. Being out of school had drawbacks, but it was cool when we got out of class. Sometimes varsity was out the whole day," said Antelman.

During the season the boys had a lot of parental support when they did their fundraisers to raise money for matching golf bags.

"We had a lot of parental support during the football games and basketball games where they helped us by working the concession stands," said Antelman.

Looking back over this season all the boys agreed that they had a very successful year. Forester said they got along "fantastic."

"No problems during the year, no cancellations, the weather was great," said Forester. "They just had a good time."

BOYS
daniel Nguyen
trevor bird
daniel bright
robb schackelford
justin constable
eric cooper
mike hickman
justin denham
dax bell
greg zubulake
pat cooper
tanner robbins
cody nieland
taylor walker
nick fogle
jeremy miller
phil duncan
paul bright
tyler gist
nick zubulake
jesse antelman
dustin siemp
mike mccourt
trevor jones

sports



Departing Senior Players



Alum playing talent will be missed in 2004

"Varsity losing seniors will be tough but we can manage. We just have to take things more seriously and practice harder," said sophomore **Nick Lange**.

What's next for the team?

"Next year will be a rebuilding year. Everyone will try to get better and replace the seniors we lost," said Lange.

Losing some of the starting players is going to be difficult for the team. The coaches will have to bring up freshman and sophomores.

"The seniors played hard this year. Picking which underclassman to bring up to varsity will be hard. It will be a rebuilding year," said head coach **Andy Howard**.

The team feels they've improved from last year but still have a lot to work on.

"There is always room for improvement. We could be better at taking our time when shooting. We are pretty good at playing hard and we have a good defense," said senior **Eric Radley**.

Seniors will miss playing for coach Howard.

"Howard got me motivated and he encouraged me to try harder. I'll miss playing for him," said senior **Anthony Renfro**.

The team calls a time out to go over a play in the last seconds of the battle against Newton.



Sophomore **Jamie Fitzgerald** shoots his second foul shot at the game against Newton. Fitzgerald averaged about 9 points per game.



SHOOTING

for the Stars



Roster:
nick ambrosion
bobby black
richard bolden
jason brownell
todd claiborne
troy deaton
jamie fitzgerald
scott flaherty
joe hart
sean henry
gabe hibben

Story/Layout: ERICA SHOLLEY & TIFFANY SMITH

In most extra curricular activities there are always highlights and bummers throughout the season. This season the boys' varsity team experienced both.

"I thought our effort was better than what it was last year," said senior Gabe Hibben. "We usually played and tried hard."

According to the team, they did a wonderful job performing at the games, but they still could have used a little more practice.

"There is always room for improvement. We could have been better at taking our time for the better shot," said senior Eric Radley.

Many boys also experienced personal highlights during the season.

Hibben said the game at Ottumwa was a

"(Coach) Howard got me motivated and he encouraged me to try harder. I'll miss playing for him."

-Senior **Anthony Renfro**

very memorable game.

"We played at a tough place and

we played a great game," said Hibben. He enjoyed playing in the game because he took four charges.

According to EHS students, the team had a great season but every once in a while there were a few glitches.

Sophomore Nick Lange said it was a real bummer when the team had to forfeit the game against Ames.

"The team had to forfeit because the coach had two technicals and there wasn't an assistant coach present," said Lange.

Overall the boys thought they did a tremendous job,

especially since they had a lack of seniors.

Radley said the team overcame the challenge playing with few seniors by practicing extra hard.

"Even though we did have a lack of seniors I strongly believe the underclassmen on the team really stepped up," he said.

Senior **Gabe Hibben** jumps to corner a rebound. Point guard Hibben averaged 6 rebounds per game.

nick lange
nyuol mathok
bryan merryfield
robert miller
eric radley
james rendall
anthony renfro
ashton sauls
dustin shandri
dustin westlake
josh zeigler
toby zimmerman

sports

SHOOTING for Two

Photos by Archie Webb



Roster:
brandy budd
micaela mallet
ashli taylor
sierra buck
jeanna frost
jamie nixon
bobbie stradley
felicia wagner
meaghan bruner
brooke fisher
nicole kouri

carlie hatfield

Story/Layout: REEIO SUMABAT

As the sound of the buzzer went off ending the fourth quarter of the last game, tears filled the eyes of the girls' varsity basketball team. For them it was the end of a bitter-sweet year.

The team went through many trials that tested their strengths and emotions.

"This year was a great learning experience for me," said sophomore **Nicole Kouri**. "We had many different obstacles to get over that made us stronger in the end."

One of the main obstacles the girls had to get over was the injury count, which played a big part in the ability of the girls to play their best on the court.

"During the beginning of the season my head starter Brandi Budd had an ankle injury, so that was difficult to deal with," said Head Coach **George Davis**.

"We started jamboree with an injury and ended with injuries. It took us off track, but I felt we did a good job of getting back on track."

Besides the injuries during the season, the girls also dealt with a lack of senior talent on the team. About half of the team was underclassmen.

"I really don't see a problem with having a lot of underclassmen on the team," said Kouri. "If someone has the skills that could help out the team, then they should be on the team."

One underclassman had enough skill to even start the games. Freshman **Carrie Hatfield** played a big part in assisting the Scarlets during the season.

"I really enjoyed it," said Hatfield. "It was kind

of a challenge getting started in the beginning, but as the season progressed, things got better. It was great because it wasn't very difficult to bond with the older girls on the team."

A really big blow to the team was when Coach Davis announced his retirement from coaching. It came as a big shock, but they understood his reasons, according to junior **Jeanna Frost**.

"I'm really sad that he is retiring this year," said Frost. "I have played basketball with him ever since eighth grade and I was hoping to play with him my senior year. It's hard, but I support his decision one hundred percent."

Retiring was even tougher for Davis than it was to his team.

"I think retiring from coaching basketball was one of the hardest things I have ever done in my professional life,"

said Davis. "It's very hard because I'm around good kids and I have made so many life-long relationships and its never easy to say good bye to a good friend."

Losing their coach will be hard for the girls, but they are positive about next season.

"I would like to better myself and improve on my skills," said Kouri. "I would also like to have the team improve as a whole and, of course, win more games."

"I'm looking forward to playing again next year," said Hatfield. "This year was a great learning experience and I think we'll improve a lot."

"We had many obstacles to overcome this year."

-Sophomore Nicole Kouri





At left, the team goes through their plays for the upcoming game. Above, the team huddles for an intense timeout during a home game.

Attempting a layup, junior **Jamie Nixon** takes a leap for an extra two points at a home game against Roosevelt.



Above, senior **Brandy Budd** shoots and scores a three pointer at a home game. Although Budd was injured at the beginning of the season, she led the team with the most three point shots completed.

Players "Playing Up"

9th Grade Boys

Nick Eaton, Tyler Luft, Ricco Morrow, Royce Phillips,
Demarco Turner, Greg Zubulake.

10th Grade Boys

Todd Claiborne, Jamie Fitzgerald, Joseph Hart, Robert Miller,
Ashston Sauls, Toby Zimmerman.

At right, sophomore **Todd Claiborne** envisions making the shot. This was Claiborne's second year playing basketball.

Below, freshman **Demarco Turner** fights to get past a Hoover player and score for his team in a closely-watched game.



At a game vs. Hoover, freshman **Nick Eaton** goes for the lay up. East played against Hoover twice along with the other Metro high school basketball teams.



HOOPING it Up

Photojournalists: Amanda Khodai and Katelin Eaton.



Story/Layout: AMANDA KHODAI & KATELIN EATON

Roster:

Freshman Team:

justin denham
nick eaton
mark heman
brendon kerber
justin marmet
william michelsen
robin mickens
ricco morrow
royce phillips
michael teasley
kyle thompson

demarco turner
richard walker
daniel west
greg zubulake

Sophomore Team:

todd claiborne
joseph hart
nick lange
nyuol mathok
bryan merryfield
robert miller
ashton sauls
dusty westlake

Picture this, it's Tuesday night around 4:45 p.m. and freshman Nick Eaton prepares to play for the 9th grade basketball game. Now, it's 6:15 p.m. and Eaton, having finished a game, prepares for another because he was asked to play on the 10th grade team.

Eaton was one of the 11 players that stepped up a notch by playing on teams higher than their grade levels. The boys basketball program was loaded with more younger talent than it has had in a long time.

The freshman team had a very good season as compared to previous seasons, beating teams that they haven't beaten in the past. They were co-conference champions, sharing the status with Hoover.

"It's been a fun year playing together. We've all played together for four years in AAU. We've had some rough games, we've had to deal with injuries and sick people, but we worked through it all and came out on top," said freshman Greg Zubulake.

The sophomore team huddles with Coach **Brian Luff** before going back into their matchup against Valley.

The highlight of the season was the first time around they beat Hoover by 1 point in overtime. The score was 65-64.

"It was a long hard game that defense won for us. It took some major team effort but luckily we pulled it off. We beat Hoover and it was an incredible feeling," said freshman Eaton.

"Defeating the odds was great!" said Zubulake.

The 10th grade boys achieved their goal of beating teams that they have not beaten before, such as Hoover and Valley. The highlight for the sophomores was the first game against Hoover, beating them by two points in overtime.

"It was a really tough game but we all put forth the effort to get the job done at least for the first time," said sophomore Joe Hart.

Todd Claiborne said, "It's been a great season and it was also fun. I enjoyed playing on the sophomore team and suiting up with the varsity team."

"Basketball has been great this year, watching our teams improve and beat teams we've never beat before," said sophomore Nick Lange.

Both teams ended with a remarkable season, and eventually both will come together to the varsity future for East.

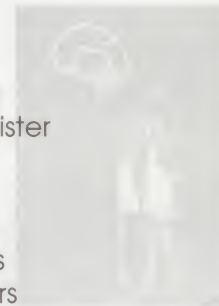
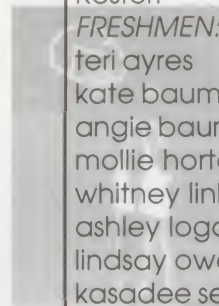
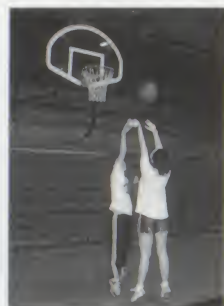
"I think we had a great season. We all played very hard and we worked well together. It was fun to have a winning season."

-Freshman
Royce Phillips

sports

FOCUSING

on Shots



Story/Layout: VIVIAN DE LA CRUZ & THYTA INTHAVONG

Roster:

FRESHMEN:

teri ayres
kate bauman
angie baumeister
mollie horton
whitney link
ashley logan
lindsay owens
kasadee sellers
kourtney stevens
latisha streeper

SOPHOMORE:

kelsey titus
shannon wagner
samantha waters
amanda zust

SOPHOMORE:

laura san elias
ashley goodpaster
iliana raygoza
kerry tyler
ashley griffiths
katelin eaton
shelby speck
jaime wagner
amuk riak
ashley botts
silvia aguayo
brittany fisher
lindsey hook
meaghan bruner

Freshman **Angie Baumeister** steals the ball from the opponent, races down the court and goes for the lay-up, banking it off the backboard for two.

Baumeister and thirteen of her teammates all hoped for dream plays like that when it came to games. The most important thing to the girls was to have possession of the ball at all times.

"When I have the ball, there's so much pressure," said Baumeister. "all I think about really is scoring for my teammates."

Practices were a big help when it came to games. Most girls agreed that practices were the most useful time.

"It gave me time to get better," said freshman **Whitney Link**. "I'm on my own and don't have that pressure like I do in a game when I am shooting or dribbling a ball."

Practices and games played such a big part that most girls agreed they have improved overall.

"I have improved so much and dramatically," said freshman **Mollie Horton**. "I've gotten so much better at everything."

Practices were up to two hours in the small gym and were divided in two. First half dealt with the basics, ball handling and positioning; second half consisted of plays.

"I focused a lot on my shots," said freshman **Amanda Zust**. "A big part that the girls and I focused on was teamwork and winning."

When playing, many girls had their strengths and their weaknesses.

"Defense was a total strength, they played good half-court, sometimes even full-court defense," said Coach **Thana Heller**. "They always came through with screens and picks."

According to coach **Majorie Glynn**, a weakness was not having the opportunity to develop basic skills at an early age.

Goals for the coaches were to get better and better as the season went on.

"Everybody wants to win a game," said Baumeister. "But the most important is to work better as a team."

To play was one thing, to compete was another.

"Playing S.E. Polk was the hardest for me because I know a lot of people there," said Link. "It's such a contact sport that I didn't want my friends and I to get personal about it."

"Beating Ottumwa was cool," said Heller. "Down thirteen, we came out winners."

According to Horton, Roosevelt was a tough team to play.

"It was exciting to play them because the first time we lost by 22 points, then the second time by only 6," said Heller.

Basketball is a contact sport, requiring speed and mental ability. Most of the girls agreed that skills were most important.

"You need to work as a team," said Glynn. "They had to push themselves farther than they had been pushed and improve with each win and loss."



School spirit
students come to
sophomore
games for support.
Bottom, Lolisha
Streater rebounds her
own shot at practice.

"When I'm out on the court
playing there is so much
excitement."
FRESHMAN
-Angie Baumeister

do you enjoy about playing basketball?

"For one, I liked
the challenge. The
harder the game,
the more fun it is to
win."
SOPHOMORE
-Keri Tyler



At left, sophomore
Meaghan Bruner
gives pointers to
freshmen players.
Bruner also played in
varsity games.

Bagley sees beyond losses

Success isn't always measured in wins and losses," said sophomore girls' basketball coach **Bob Bagley** after finishing his first coaching season at East.

"The girls put forth a lot of effort," said Bagley. "I tried pushing them to their full ability because I knew how well they could play."

The team started off their season shaky, not winning too many games, but as they progressed in the season, their skills improved and they finished strong.

"It took us a while to get situated with our new coach and all," said sophomore post **Shelby Speck**, "but we tried our best and the season ended pretty well."

Bagley came from Ballard, a small school in Huxley, last year. This is his second year teaching and first year coaching. He took science teacher Lowell Long's coaching position.

"By coming here I was able to be closer to home and have better financial benefits," said Bagley.

The main focus of the season was improving the girls' individual skills. Since a handful of girls ended up dropping or quitting the team for different reasons, that helped.

"We ended up not having a lot of girls and in a way it turned out to be good because the coach spent a lot of one-on-one time with each of us," said sophomore center post **Silvia Aguayo**.

Bagley encouraged the girls to challenge themselves during the off season to continue working on their individual skills.

"I wanted the girls to make a dedication to basketball and really try to improve their skills and techniques," said Bagley.

Most of the sophomore girls had gone to school together or had played on the same team before, so getting along with one another wasn't a problem.

"Towards the end of the season," said sophomore post **Ashley Botts**, "I noticed that we were all really good friends and kind of like a family...it was a good feeling."

Although not all the games were won, the sophomore team, including the coach, was proud of their wins and learned from their losses.

"Hopefully after this season we can look forward to a better and stronger team for next year," said Speck.

STAYIN' on Top

Photos by: Staci Owens



Story/Layout: STACI OWENS

The crowds are chanting and the coaches are cheering. The whistle blows and senior varsity wrestler **Brian York** goes in for a single leg take down to get the winning two points in his match.

York isn't the only intense athlete on the wrestling team. There are 11 varsity wrestlers and about 30 JV wrestlers.

"I'm surprised that many of the new, incoming wrestlers have stuck with it. I am also very proud of them," said York.

The team successfully ended the season with a conference duels record of 3-2 and an overall record of 8-7. Each wrestler worked hard, reached many goals, and placed second in the conference

tournament, according to coach **Larry Jackson**.

"This was a fun season," said Jackson. "There were 30 talented kids, all striving for team and individual goals."

Early morning practices have helped the team get better. Morning practices started at 6 a.m. and last until 7:05 a.m. Many wrestlers, such as junior **Robert Bourdon**, thought morning practices were good for the team, even though they were so early in the morning.

"Morning practices were hard because they are in the morning, but every little bit of practice helps

"Our key success this year was thinking positive."

-Head Coach
Larry Jackson

the team," said Bordon.

Unfortunately the team is losing 13 seniors and 9 of them are varsity. Many JV wrestlers will have to step up and fill in the varsity shoes.

Freshman **Matt Grochala** said, "I think the JV team will be able to step up because we are all learning quick and we will get even better over the summer at camps and practices."

Jackson said the young men believe in themselves and understand that with hard work and dedication, anything is possible.

"Our key success this year was thinking positive," said

Jackson. "We also have more football players on the team this year and that is also a plus for this program. When we share athletes, those individual sports become stronger and stronger."

Things went really well, according to junior **Ben Van Syoc**, and he thinks that next year the team will try to build on this year's success.

He thinks next year will be good, too, because there are a lot of solid workers and awesome talent on the JV squad.

J V wrestler junior **Tony Miller** tries hard to turn his opponent to his back at the conference tournament. Miller placed first, ahead of five other contenders at the meet.

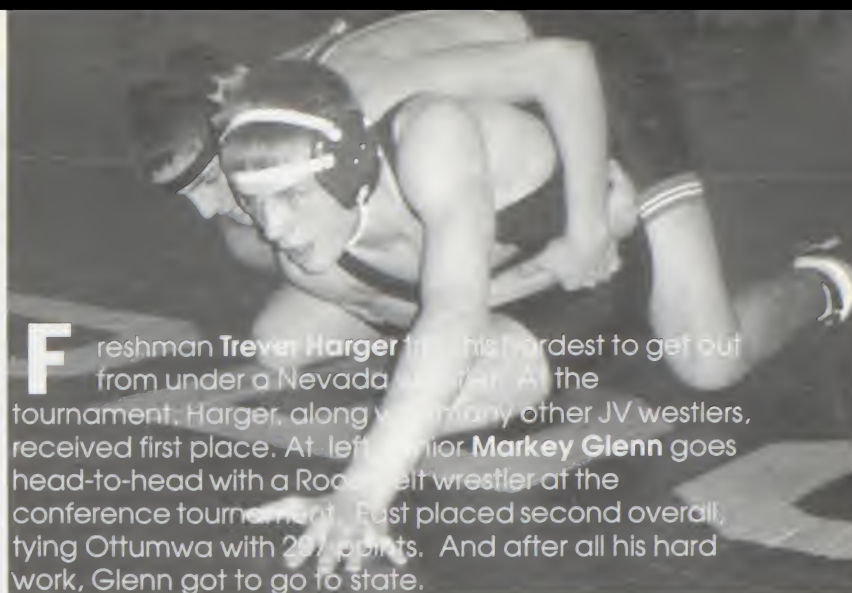


Roster:

josh davis
markey glenn
jared graeve
shawn graham
garrett hagins
jack housley
danny lint
ross loving
montez rankins
bryan schulz
jeremiah vincent
brian york

tyler boafftenhamer
robert bourdon
ryan henkle
tony miller
ben van syoc
steven williams
josh dunham
luke ericson
flyod perry
jonny pray
tyler smith
matt sloan
derek wennekamp
alan althaus
chris bennick
mike dellaca
josh douglas
matt grochala
trever harger
michael miller
bryant reynolds
tyler sowden
eric thavonekham
marc whalen





Freshman **Trevor Harger** finds his hardest to get out from under a Nevada wrestler. At the tournament, Harger, along with many other JV westlers, received first place. At left, junior **Markey Glenn** goes head-to-head with a Road Belt wrestler at the conference tournament. East placed second overall, tying Ottumwa with 29 1/2 points. And after all his hard work, Glenn got to go to state.

Varsity Letter Winners

Seniors:

Brian York, Jeremiah Vincent, Brian Shulz, Jack Housley, Montez Rankins, Markey Glenn, Garrett Hagins, Danny Lint, Josh Davis, Ross Loving, Matt Ballard

Juniors:

Robert Bourdon, Tyler Boattenhamer, Tony Miller, Ryan Henkle

Sophomores:

Matt Sloan, Derek Wennekamp, Luke Ericson, Josh Dunham

Freshmen:

Eric Thavonekham, Tyler Sowden

Below are seniors and captains of the team, **Jeremiah Vincent, Garrett Hagins, and Brian Schulz**. Above left, junior **Tyler Boattenhamer** wrestles in his championship match. Boattenhamer lost in the last seconds by only two points. Above right, the varsity team warms up to face Hoover. East won 74-4.



Getting ready to go in for a double leg take down is junior **Ryan Henkle**. North was the last dual meet, and by winning this meet, the Scarlets finished out the season with a conference record of 3-2.



Jumping out of the starting blocks, sophomore **Jeremy Amerison** runs the 100 meter dash, at right. Below, the boys stretch as a team before a meet.



Making a giant leap, sophomore **Tyrone Johnson** jumps the high jump at a meet. His personal best is 6 feet.

A group of the track members take a timeout to rest between their events.



At the track banquet, the 4x100 meter relay team is commended for their hard work. The relay team got first at state. At far right, junior **London Hayes** struggles to get a hand-off to sophomore **Marty Mohler, Jr.**



LEADING the Pack



Story/Layout by: REEIO SUMABAT

Roster:
 terry rice
 rick weigel
 jovon mcgruder
 justin rankin
 jacob walker
 rodney stockbauer
 shane clements
 tony williams
 adam bolander
 markey glenn
 neil hall
 gabe hibben
 andrew olsen
 austin peterson

Photos by Reeio Sumabat & Marty Mohler.

As track manager Terra Rice drove past Williams Stadium last fall, she remembered the wonderful season they had. She thought of fun bus rides, victories over rivals, meeting new people, and state victories. She was sad that the season was all over, but was happy and proud that the team did well.

Many students and staff felt the same way about the track team, which brought much pride to the east side.

"I never really followed track, but I went to one meet and I was hooked. They were so good," said senior Emily Brandt. "I couldn't go to every meet, but I liked to know how they did."

The goals of the team were met, only after they dedicated themselves to the conditioning their coach ordered.

"We started training in the winter time. I constantly got on them to work hard in practice and in the classroom. To be great athletes, they also had to be good students," said head track coach Mel Green Jr., "even though they hated those tough workouts in the beginning."

"We had a pretty hard routine for practice," said senior Adam Bolander. "We went from right after school to about 5 or 5:30. We did stretching and warm-ups, which took about half of practice. We did two laps and form running as a group. Then we split up into our own groups like sprinters, distance, hurdlers, quarters, and field."

Practice was one of the main factors in the team's great performance.

"Practice affected us a lot," said junior Kenny Phaydavong. "You could tell when someone didn't push himself at practice because you would see them dying in the meets."

Some of the team's biggest accomplishments were at

Drake Relays and at state, also held at Drake. At Drake, the 4x100 meter relay team won first place beating out top competitor Iowa City High.

At state, seniors Gabe Hibben, Markey Glenn and alums Rick Weigel and Jovon McGruder won 11th place in the Medley Relay. Senior Scott Phaydavong won 7th in the 100 Meter Dash. Junior Jeremiah Yassin won 6th place in the 800 Meter Run. Sophomore London Hayes,

Phaydavong, Weigel, and McGruder won 2nd place in the 4x200 Meter Relay. The grand prize was when Phaydavong, Glenn, Weigel, and McGruder received 1st place in the 4x100 Meter Relay.

"I think it's great that the young men did well, I'm very happy for them," said Green. "My joy is for them. I ran in high school. My running years are over, but I know how it feels."

"It was a phenomenal leap for our program and our morale. Instead of being timid, we were confident at meets," said Hibben.

Despite all of last year's good fortune, there will be a lot of change. Some of the team's essential runners have graduated and there are always improvements to be made and new goals to meet. According to Green, there are some big holes to fill with the loss of some runners, but there are great underclassmen he can count on.

Scarlet fans are anticipating another year of great running and record-breaking performance.

"Next year I hope that I have the chance to run Drake and state," said Bolander. "We'll have an opportunity to do just as well as we did last year."

"My biggest hope is to win the state team title," said Hibben. "We have the athletes to do it."

scott phadavong
 brett adams
 robert bourdon
 matt donahue
 evan fousek
 london hayes
 shavar lee
 zach mclaughlin
 tony miller
 kenny phaydavong
 jon stapes
 andrew van gundy
 jeremiah yassin
 jeremy amerisen
 jeremy bales
 pete cooper
 chris cozad
 allen harrington
 robbie hill
 tyrone johnson
 nick lange
 nyuol matok
 marty mohler
 travis scott

sports



A Year To Remember...

A Running Team's Memories

Waukee	6th
SE Polk	4th
Urbandale	4th
Roosevelt	2nd
Lincoln	2nd
North	2nd
City Series	Champion
Dowling	3rd
Lee Town	3rd
District	4th
Conference	2nd

Taking time to have fun, these girls tumble into a pile for a snapshot during the chilly Ottumwa meet. The team finished second.



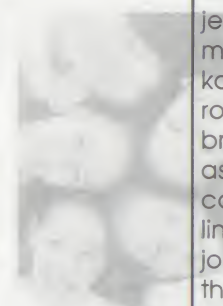
Senior **Kardeea Scott** gets ready to run with a little bit of music. Scott ran the open 400m along with other junior varsity sprinters.



Doing her homework, senior **Brandy Budd** has extra time before a meet. Sophomores **Thuy Huynh** and **Roxana Ferreyo** pose for another picture.



STRIDING to Victory



Roster:
jessica cochran
meaghan bruner
katelin eaton
roxana ferreyo
brooke fisher
ashley goodpaster
carissa hibben
lindsee hook
jodi housley
thuy huynh
nicole kouri
jelena raus
susan sanachit
shelby speck

Photos by: Courtney Chaplin

Story/Layout: STACI OWENS

Bang! The gun fires loudly and junior **Allison Rauh** starts off for the two mile run. Breathing rapidly and stomach cramping, she runs down the straightaway and finishes the questionably tough race with gratifying enthusiasm and great success. Resting her hands on her head to catch her breath, she smiles as she hears her best time.

Rauh was just one of the 47 girls exerting that kind of energy and striving to do their best.

Many girls set personal goals to reach within the season and some even set school records.

"A lot of us reached goals, including me," said Rauh. "It was a really exciting year. I just can't wait for the next"

The season began incredibly solid with practices running from 3:10 to 4:30 p.m. in the humid gym. The team performed many different types of hard-hitting exercises working out their legs, arms, and cardiovascular systems. Using foam hurdles and the high jump bar, they ran relays to practice for the upcoming meets.

"Practices were hard but they helped all of us out. The coaches helped us in any way they could which was awesome," said sophomore **Thuy Huynh**.

As the season progressed, the girls started breaking records and meeting their goals set at the beginning of the season. All their hard work paid off at the city meet. The team came together as one and received first place.

"I think that the girls did wonderful when it came down to coming together and working as a team," said assistant coach **Deb VanVelzen**. "A tip I gave the girls before every meet was run with determination and always veer left."

Junior **Ashley Letze** and senior **Micaela Mallet** qualified for the Drake Relays. Letze ran the 400 hurdles and Mallet threw shot put and discus. Head coach

George Davis was very "ecstatic."

"This is the third time that the girls have been city champs and not to mention receiving fourth place in the district," said Davis. "The girls know that I am extremely happy

for each and every one of them! They also know that when they work hard, good things happen."

The team finished 21st in the 3A field with two "amazing and outstanding" individual performances, said athletic director **Bill Watson**. They ended the season successfully at the state meets. Letze finished 6th in the 400 meter dash, while Mallet placed 4th in both shot put and discus.

Coaches VanVelzen and **Greg Morse** said many girls are planning on returning next season for a "dynamite year."

"I always told the girls to run with determination and always veer left."

-Asst. Coach
Deb VanVelzen

kerry tyler
jamie wagner
sarah wignall
jessie pridemore
allison rauh
bobbie stradley
felicia wagner
brooke budd
courtney chaplin
mikaël atkins
brooke brumley
sierra buck
jenny carr
kim howell
ashley letze
jamie nixon
staci owens
brandy budd
stephanie cozad
micaela mallet
kellie mcfadden
christine miller
kardeea scott
jayne wetzel
michelle denning
jeni grochala
kjersten harvey
katrena isaac
crystal carr
courtney shieffer
stephanie stapes
lindsay steele
alysa wilson

sports

Coach Rob's "Angels," juniors **Michael Her** and **Alex Kittikoune**, stand back to back to defend the net.



Love, Love:

5 Join, 5 Return

The 2002 boy's tennis team looked around the courts last season and noticed many new faces to the team. With five of the ten players being new, the boys realized there would be much work ahead.

"Our team had to work hard because there were many newcomers and we had to learn to work together," said senior **Chandy Souvatrat**.

The team had to face the new challenges of practicing skills, learning each other's strengths and weaknesses and helping each other work to become a stronger team.

"Practice was essential to play because we learned each of the other player's strategy," said senior **Alex Ung**.

Practices were usually held every day after school from 3 to 4:30 p.m. on the tennis courts.

"Practicing every day was a good thing because it was fun, and I think it definitely made an improvement in everyone's playing, even if we didn't win too many times," said junior **Robert Songkam**.

Many of the players had individual goals set for the season. While some worked on perfecting their serve and back swing, they all had one goal in common.

"I think everyone had their own set of goals, but most everyone had the same goal of winning as much as possible," said Souvatrat.

Even though the team worked to achieve that goal, the team did not win many games.

"I know the team put forth the most effort they could and to me that's all that counts," said Coach **Robert Gloe**.

Like many other sports, maintaining good grades was required to play in the games. They had to be devoted to the team and at the same time, be serious and hit the books.

"Along with a good attitude that I know we had on the court, I also made sure the team worked hard on their schoolwork," said Gloe. "I think I would have that rule even if it wasn't policy."

Although many had different skills and personalities, the players got along very well and were always willing to help each other out. And they never forgot to have fun.

"We all got along great, always joking around and having fun," said junior **Chris Ratliff**.

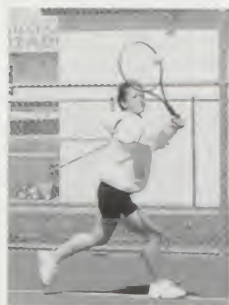


In ready position, alum **Michael Weeks** awaits a serve at practice. The boys practiced every day from three to four-thirty.



Rushing to the ball, alum **Carolina Canas** swings to make a creative shot. It was important for the girls to use their

STEPPING to the Line



Stories/Layout: **THYTA INTHAVONG & GINA HUGHES**

Roster:

GIRLS

nicholle axser
katie bainter
carolina canas
cheri fenton
mone kavan
merry kouang
keovilay

vongsouvanh

stephanie chia
harmony gregg

amber heath
gina hughes
joesey jackson
christy lem
carol loving
jennifer palmer
kalia vang

BOYS

michael weeks
eric lopez
chandy souvatrat
alex ung
david calo
robert songkham
chris ratliff
alex kittikoune
michael her

Most sport team's goals are winning meets, but the girls tennis team's goal was to recruit as many girls as possible. This year they lacked freshmen.

"That was a problem because we lost all our seniors," said assistant coach **Ken Morton**. "We needed freshmen to keep the program numbers up."

Junior **Gina Hughes** said: "It was disappointing that we had such a small team this year, but we had fun and did well at meets because we had great varsity players."

During practices, coach **Joyce Smith** focused on serving.

"Serving is important. If they can't get serves in, there's no score," Smith said.

A skill for playing tennis is being able to move your feet fast enough to get to the ball and striking back when the ball is being served or returned.

"Aside from moving fast, you have to relax and have lots of patience," said senior Keovilay Vongsouvanh.

According to Smith, the highlight of the season was taking second overall at the North Polk Invitational. Alum **Nicole Axser** took third in her single match and alums **Pon Thipyothin** and **Cheri Fenton** took third in their doubles match.

"It was really an impressive meet, we did well," said alum **Mone Kavan**. "We went in thinking we were going to lose the meet, but each girl put their all into it and we came out second."

Although they were not perfect, junior **Christy Lem** hopes to be like pro-tennis player Serena Williams one day.

"I don't play like her but I would like to some

day because she has such good coordination," said junior Christy Lem.

During meets, the girls prefer to double up and play as a pair, rather than playing solo.

"Playing doubles was fun and my team enjoyed it, but I like playing singles just because it was more

of a challenge," said Kavan. "You had the court to yourself and you ran more because you didn't have a partner there to back you up."

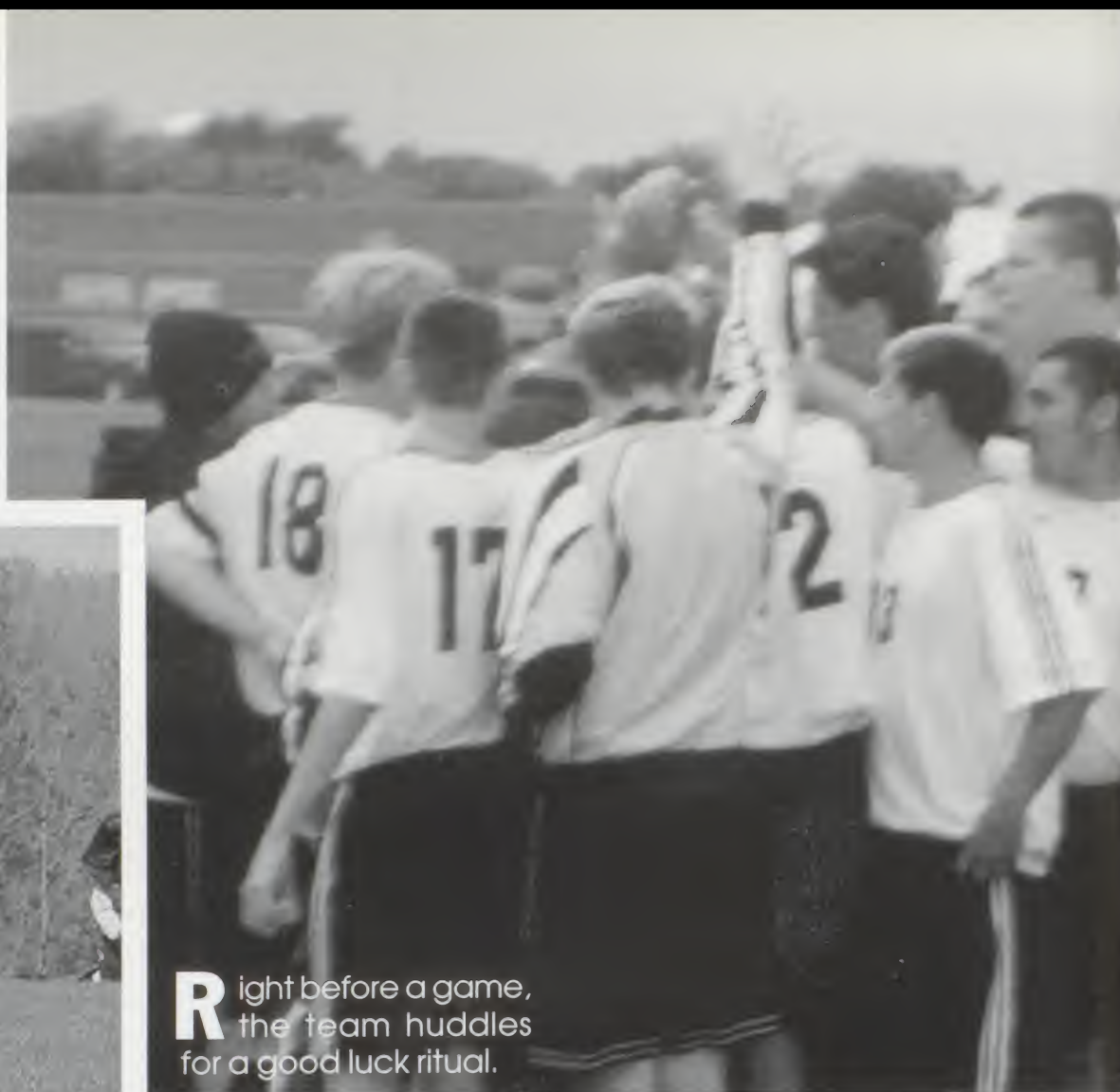
With only eighteen players on the team, no freshmen and seven seniors, the season was still impressive overall.

"Even though we didn't have a lot of girls on the team, we never showed that we were struggling without them," said Thipyothin. "I enjoyed my season and our team did well."

"Aside from moving fast, you have to relax and have lots of patience."

-Senior **Keovilay Vongsouvanh**

Anticipating,
sophomore
Gustavo Ceballos gets
ready to steal the ball.



Right before a game,
the team huddles
for a good luck ritual.



Rushing to the goal,
senior **Marcus
Nece** stops an
opponent from
scoring.



PLAYING

to get the Goal



Roster: Varsity

andrew anderson
justin anspach
tim ballard
luke billings
gustavo ceballos
saul ceballos
demareo darrah
joe devore
pat dorian
rene duenas
scott flaherty
ben heaberlin
chris hickman
pedro leanos

Story/Layout: CARRIE CHAPMAN

Junior Tim Ballard dribbles the soccer ball down the field, fakes one guy, goes right by another, then brings his foot back and kicks. Goal! East wins the game!

That would have been a dream play for him and the soccer team during the 2002 season. Ballard was one of the varsity soccer players that enjoyed this year more than last year.

"This season was a lot of fun because we won more games and scored more points," said Ballard.

When it was all said and done, the varsity team finished with four wins out of 13 games compared to last year's one win out of 14 games. Eight out of 11 starters returned this year, which meant it was easier to play because the teammates had worked together before.

"This was one of our most successful years," said head coach Derek Lounsberry, "with huge strides."

Soccer is a sport of running, so there is a lot of conditioning, things like Indian runs and 200-yard sprints. Indian runs are when players run around the three soccer fields in one line of about 10 people, and then the person in the back sprints to the front. They did about five or six of the Indian runs at a time and alternated with the 200-yard sprints almost every non-game day.

"I enjoyed this year because the physical workout was more intense and worthwhile," said senior Patrick Dorrian. "The

conditioning was hard but I think that it trained our bodies to do the demanding workout."

While varsity players were working on winning more games, the junior varsity team was training themselves to play for varsity.

The team definitely improved last year, according to Lounsberry, winning five of their games and tying three. They worked harder as a team instead of working individually.

"In the past we haven't expected too much from the JV team, but they worked really hard to get to the point where they could step up to the varsity team," said Lounsberry.

There were still some things the guys had to work on, even though they already improved a great deal.

"We really need to work on speed and passing the ball instead of tripping," said junior Trevor Bird.

That didn't mean that there wasn't any time for fun.

"Practices were easier because coach was always funny and trying

to be a smart aleck," said sophomore Todd Claiborne. "We all had fun goofing around the whole time."

"We got worked by the girls at the game vs. North Polk. They made us look ridiculous," said sophomore Caesar Contreras. "It was funny, but we got better towards the end."

With the JV team working hard and the varsity playing so well, East should have more fantastic years ahead of them, according to Lounsberry.

"I enjoyed this year because it was intense and worthwhile."

-Senior Patrick Dorrian

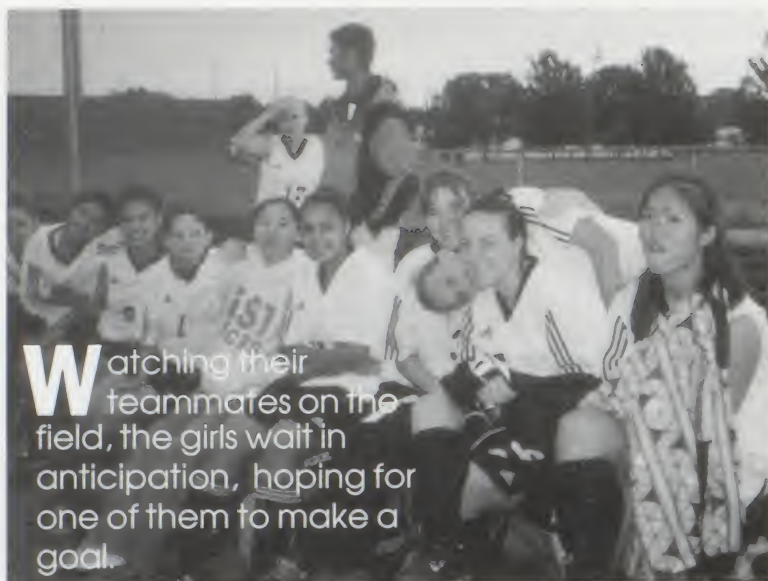
tony mosqueda
ben murray
marcus nece
nathan nissen
tony ortega
carlos patino
randy plper
dusty shandri
travis tallari

Roster: JV

joel alvarado
able andrade
nicholas anspach
jesse antelman
tye beck
trevor bird
chris casillas
todd claiborne
cesar contreras
gonzalo gomez
rick greenly
alfredo gutierrez
trevor jones
khanesavanh kavan
chris kayser
alee lovan
francisco luna
walter mendez
ben murray
steve noble
tony ortega
luis quintenar
adam scarlet
alex ung
oscar valdez
rogelio velazquez
adan gomez

Photos by Heather Kilby

sports



Watching their teammates on the field, the girls wait in anticipation, hoping for one of them to make a goal.



During one of their well-played games the JV soccer team chants "We're No. One!"



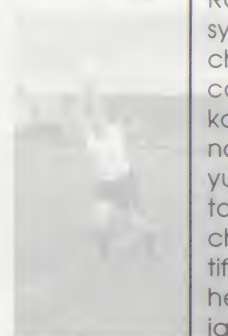
Listening to their coach, JV players learn the strategy for their next play. This year the team adapted to a new coach, Melody Carroll.



All the hard work has finally paid off; the girls walked off the field from the final game of the season on June 3 last year. The team finished fifth in the conference.



KICKING for Victory



Roster:
sylvia aguayo-torres
christina anderson
cassi bainter
katilin brown
noame carrasco
yuridia carrasco
tori crum
christina fane
tiffany holley
heather jones
jade jordan
brinden kelly
katy lovan

melissa mckean
elma mujakovic
rorrie nagy
gio nguyen
payton petrie
diane phomvisay
natalie plumber
angela puffert
jenne reedholm
emily rice
laura san elias
shannon scarlett
nicole waldron
breanne wall
breann whitaker

Photos By Alicia Alvarez

sports

Story/Layout: ALICIA ALVAREZ

Although they did not win a game, the girl's soccer team stayed positive and motivated. "We were a team and we all encouraged one another," said sophomore captain **Sylvia Aguayo-Torres**. "We believe in our hearts that next year there will be a victory."

The team went through some changes during the season including a new coach, **Melody Carroll**, who is involved in programs at Iowa State University when she is not coaching.

"They did fantastic for being first year girls playing soccer," said Carroll. "The girls are the ones that try to do their best to make it to varsity before they graduate."

The team had both players that were playing for the first time and a player who was dominating the team as a captain, not only with her talents to play, but as a motivator who kept everyone pumped up and excited.

"I have played soccer all of my life and I've been on a team since I was in the fifth grade," said Aguayo-Torres. "This is something that I love to do and I am very proud for what I have accomplished. The good thing is that

The team comes together in a chant to get pumped up for a game.

this was only the beginning for the years to come.

The team consisted of

two other captains, alum **Natalie Plummer** and junior **Emily Rice**, who both had played soccer for many years. The captains are chosen not just because of their talent on the field, but also by how well they work with the other girls and how well they show respect and sportsmanship.

"I think that our captains were well-picked. They took charge and they were all so helpful," said senior **Payton Petrie**. "This was my last year of playing soccer, so I needed motivation as much as possible."

"As long as we stayed together as a team, everything was all right."

-Junior **Rorrie Nagy**

The team did not care if they won or lost, just as long as they had fun in playing the game and knowing that they tried their best to win, said Carroll.

"We tried to win the games, if we don't, we know the day still goes on," said junior **Rorrie Nagy**. "As long as we stayed together as a team, everything was all right."

With their positive outlook and teamwork, they now believe they can have a victory in the future.

"It is not just about the wins. We would like to see everyone improve both individually and as a team," said junior **Yuridia Carrasco**. "A win or two next year would be nice, but as long as we all feel that we are successful, the statistics don't mean a thing."

KNOCKING them Down

Photojournalist: Megan Smith.



Roster:
tanner fisher
james fortune
ashley heaberlin
david minikis
megan most
katie ryan
liz sample
joe smith
heidi kaldenberg

Story/Layout: MEGAN SMITH

EHS bowling teams got off to a slow start, but as they picked up speed, they started bowling over their competition.

"In the beginning of the year the girls' and boys' bowling teams were getting warmed up. They hadn't bowled much on the off season," said **Derek Lounsberry**, sponsor of the teams. "Through the season they bowled more and more and got better."

In order for the teams to get better, practices were held every Monday and Thursday from 3:30 to 5 at Bowlarama Lanes.

"The practices were fun," said junior **Megan Most**. "It was just like casually bowling with a bunch of friends."

The Iowa Bowling Association funded the practices, providing the lanes for one-and-a-half-hours, and shoes if needed.

"I think it was great that Bowlarama Lanes let us intrude on them like that every week," said Lounsberry.

All of the practicing wasn't for nothing. They worked their way to sub-state to get them into the state competition. In order for them to get there, they had to go to a qualifying tournament for the teams who didn't rank in the top ten in the state.

They had to place first or second out of six teams to move on to sub-state. The girls placed first and the boys placed second.

"We didn't do very well in the beginning of the season," said junior **Joe Smith**. "I'm glad we got another chance."

In competition, scores are based on a series of games. Two are regular ten frame games, the other five are called "baker's games."

These consist of five players, each playing two frames each.

"The boys had a problem getting the concept of working as a team," said Lounsberry. "That's why they didn't do that well in the baker's games this year."

Despite the slow start, according to Lounsberry, the atmosphere of the games and practices was intense.

"Everyone just really gets into it," Lounsberry says. "The sportsmanship from the other teams and the energy from the crowd is tremendous."

Many don't know East has a bowling team. This is

because bowling is considered a club, not varsity sport. The reasoning behind this is the large budget cuts the school is experiencing. If the school adopted bowling as a varsity sport, they would have to help fund it. Now they have to find their own funding, and the players can't get a letter for their efforts and achievements.

Now that they've picked up the pace and knocked down the competition, some of the players said they should get more recognition.

"We've worked really hard this year, and we deserve everything that comes our way," said Smith.

"Bowling is going to flourish over the next few years."

-Junior Joe Smith



The stud...



...the hopeful...



...the ecstatic.



At left, junior **Katie Ryan** watches her ball roll down the lane. She and her teammates practiced every Tuesday and Thursday for sub-state in February.



Junior **Heidi Kaldenberg** shows her form. According to Coach Lounsberry, Kaldenberg didn't join until late, but was a great player.

Personal Bests

Tanner Fisher	210
James Fortune	211
Ashley Heaberlin	197
David Minikis	210
Megan Most	210
Katie Ryan	201
Liz Sample	110
Joe Smith	208
Heidi Kaldenberg	170



Waiting for a teammate to take her turn, **Liz Sample** sits with anticipation. Thrice weekly practices helped the team get second in the state.

Above, junior **Joe Smith** (right) sits with fellow bowlers junior **Mike Fausett** and senior **James Fortune**. Smith had an average score of 186 this season.

Sports Teams & Stats

Varsity Boys Soccer EHS vs. OPP

0	Ames	9
1	North Polk	0
1	Ft. Dodge	4
0	SE Polk	5
1	Indianola	5
0	Hoover	4
2	DM Christian	1
1	North	0
5	Chariton	0
1	Lincoln	6
1	Roosevelt	7
2	ADM	4
1	Ankeny	6



VARSITY BOYS SOCCER. Front Row: Gustavo Ceballos, Rene Duenas, Pedro Leanos, Mgr. Heather Jones, Carlos Patino, Matt Sowden, Tony Mosqueda. Row 2: Chris Hickman, Chris Casillas, Marcus Nece, Mgr. Christina Anderson, Mgr. Stephanie Murray, Saul Ceballos, Justin Anspach, Patrick Dorian. Back Row: Tim Ballard, DeMarco Darrah, Randy Piper, Nathan Nissen, Travis Tollari, Coach Derek Lounsberry, Andrew Anderson, Scott Flaherty, Luke Billings, Joe DeVore. Not Pictured: Ben Heaberlin.

JV Boys Soccer EHS vs. OPP

0	Ames	6
4	North Polk	0
3	ADM	2
0	Ft. Dodge	0
0	SE Polk	3
4	Indianola	1
0	Hoover	1
0	DM Christian	1
1	North	2
2	Roosevelt	2
3	Chariton	1
3	Lincoln	0
0	Roosevelt	6
2	ADM	2
2	ADM	5

JV BOYS SOCCER. Front Row: Francisco Luna, Nick Leanos, Trevor Jones, Walter Mendez, Mgr. Stephanie Murray, Luis Quintenar, Emmanuel Guzman, Alex Ung, Oscar Valdez. Row 2: Ben Murray, Mgr. Christina Anderson, Alee Lovan, Adan Gomez, Able Andrade, Gonzalo Gomez, Joel Alvarado, Khonesavanh Kavan, Mgr. Heather Jones, Caesar Contreras. Back Row: Nick Anspach, Jessie Antelman, Rick Greenly, Adam Scarlet, Coach Derek Lounsberry, Chris Kayser, Trevor Bird, Steven Noble, Ben Heaberlin. Not Pictured: Tye Beck, Todd Claiborne, Alfredo Gutierrez, Tony Ortega, Rogelio Velazquez.



JV/Varsity Girls Soccer EHS vs. OPP

1	North	2
0	Roosevelt	10
0	Dowling	10
0	Ames	10
0	SE Polk	4
0	Indianola	3
0	Hoover	6
0	Ft. Dodge	5
0	North	3
1	Lincoln	4
0	Johnston	10



JV/VARSITY GIRLS SOCCER. Front Row: Tori Crum, Jenne Reedholm, Yuridia Carrasco, Laura San Elias, Jade Jordan, Elma Mujakovic, Cassi Bainter, Katy Lovan. Row 2: Breanne Wall, Emily Rice, Heather Jones, Brinden Kelly, Melissa McKean, Giao Nguyen, Nicole Waldron. Row 3: Natalie Plummer, Christina Fane, Rorrie Nagy, Coach Melody Carroll, Asst. Coach Brad Gudenkauf, Katilin Brown, Noame Carrasco, Diane Phomvisay. Back Row: Payton Petrie, Angela Puffett, Sylvia Aguayo-Torres, Shannon Scarlett, Christina Anderson, Breann Whitaker, Tiffany Holley.



BOYS TENNIS. Front Row: Alex Ung, Michael Her, Alex Kitthikoune, David Songkham. Back Row: Chris Ratliff, Chandy Souvatrat, Coach Rob Gloe, Eric Lopez, Michael Weeks. Not Pictured: David Calo, Lan Boutdara.

Boys Tennis	
EHS vs. OPP	
0	Marshalltown 11
0	S. Tama 11
0	Mason City 11
3	Ames 8
1	Indianola 10
1	Roosevelt 10
4	Hoover 6
2	Ottumwa 9
3	North 8
1	Lincoln 10

GIRLS TENNIS. Front Row: Katie Bainter, Cheri Fenton, Ao Vang, Mone Kavan, Keovilay Vongsouvanh, Nicholle Axser, Christy Lem. Row 2: Caroline Canas, Jennifer Palmer, Joeseey Jackson, Kalia Vang, Harmony Gregg, Stephanie Chia, Carol Loving, Merry Kouang. Back Row: Rorrie Nagy, Gina Hughes, Coach Joyce Smith, Amber Heath, Asst. Coach Ken Morton, Amanda Preston, Pon Thipyothin.



Girls Tennis	
EHS vs. OPP	
1	Ankeny 10
1	Ames 10
2 nd	N. Polk Invit.
2	Indianola 9
5	Mason City 6
2	Roosevelt 9
3	Hoover 8
3	North 8
3	Saydel 8
1	Lincoln 10
0	Ottumwa 11



BOYS TRACK. Front Row: Christopher Cozad, Robert Bourdon, Zach McLaughlin, Jeremy Amerison, Shavar Lee, Matt Donahue, Allen Harrington, Michael Miller, Kenny Phaydavong, Terry Rice. Row 2: Shane Clements, Robbie Hill, Adam Bolander, Mgr. Reio Sumabat, Mgr. Teara Rice, Mgr. Molly Fredericksen, Jovon McGruder, Richard Weigel, Scott Phaydavong. Row 3: Evan Fousek, Asst. Kim Nitcher, Asst. Coach Donald Starcevic, Asst. Coach John Ruhland, Head Coach Mel Green, Jr., Asst. Coach John Easter, Asst. Coach Byron Williams, Asst. Coach Mel Green, Sr., Asst. Coach Michael Leo, Peter Cooper. Row 4: Andrew VanGundy, Jeremiah Yassin, Randy Chounlamountry, Brett Adams, Travis Scott, Tony Miller, Garrett Hagins, Neil Hall, Markey Glenn. Row 5: Austin Peterson, Justin Rankin, Donald Holtry, Gabe Hibben, Tyrone Johnson, Jacob Walker, Marty Mohler, Jr., Andrew Olsen. Back Row: Jeremy Bales, Jon Stapes, Rodney Stockbauer, Nyok Mathok, Nick Lange, Tony Williams, London Hayes.

Boys Track	
EHS vs. OPP	
D. Graves Classic	1 st
Ili-Covey Relays	6 th
Roosevelt Invit.	3 rd
Forwald Relays	2 nd
City Series	3 rd
Johnston Invit.	4 th
CIML Conf.	4 th

GIRLS TRACK. Front Row: Hripsime Mazmanian, Tori Crum, Thyta Inthavong, Jessi Pridemore, Susan Sanachit, Kerry Tyler, Laura San Elias, Christine Miller, Brooke Budd, Stephanie Cozad, Kjersten Harvey. Row 2: Kellie McFadden, Amanda Conner, Meaghan Bruner, Roxana Ferreyro, Sarah Wignall, Mikaela Atkins, Paris Al-Hameed, Jodi Housley, Ashley Goodpaster, Heidi Hedberg. Row 3: Jamie Wagner, Sierra Buck, Courtney Chaplin, Asst. Coach Greg Morse, Asst. Coach Bob Bagley, Coach George Davis, Asst. Coach Scott Ryan, Coach Deb VanVelzen, Thuy Huynh, Allison Rauh, Brooke Brumley. Row 4: Katelyn Eaton, Jenny Carr, Bobbie Stradley, Felicia Wagner, Jeni Grochala, Michelle Denning, Stephanie Stapes, Brandy Budd, Jamie Nixon, Nicole Kouri. Row 5: Kardeea Scott, Jayme Wetzell, Lindsey Hook, Carissa Hibben, Shannon Michelsen, Courtney Schieffer, Jelena Raus, Alyssa Wilson, Brooke Fisher, Katrina Isaac, Crystal Carr. Back Row: Shannon Scarlet, Kristen Robinson, Lindsay Steele, Micaela Malfett, Ashley Harding, Shelby Speck, Kim Howell, Ashley Letze. Not Pictured: Staci Owens.



Girls Track	
EHS vs. OPP	
Waukee	6 th
SE Polk	4 th
Urbandale	4 th
Roosevelt	2 nd
Lincoln	2 nd
North	2 nd
City Series	Champ
Dowling	3 rd
Lee Town Relays	3 rd
Ankeny	5 th
District Meet	4 th
Conf. Meet	2 nd

Varsity Baseball

EHS vs. OPP

9	Collins-Maxwell	6
1	Dowling	11
5	Newton	16
14	Bondurant-Farrar	2
11/3	Denison	4/6
10	Waukee	7
12	Urbandale	10
2/12	Hoover	6/6
3/6	Ottumwa	10/7
17	Valley	16
4	Ames	10
10/4	Fort Dodge	3/2
3/3	Lincoln	4/13
19	Winterset	14
11	North	4
4/1	Roosevelt	14/5
2/7	Hoover	1/5
11/17	North	12/5
6/14	Ottumwa	4/3
0	Roosevelt	10
15/13	North	5/10
4	Saydel	14
4	Roosevelt	2
11/13/14	St. Polk	4/5/13
5/4	Lincoln	4/3
3	Roosevelt	4
5	Indianola	1
14	North	5
9	Hoover	4
1	Urbandale	2



VARSITY BASEBALL. Front Row: Garrett Hagins, Adam Bolander, Kyle Audlehelm, Mike Doornenbal, Jon Piper, Montez Rankin, Jack Housley. Row 2: Mike Chumbley, Jared Mendenhall, Kurt Sloan, Troy Parsons, J.D. Smith, Joe Kephart, Jason Fitzgerald, John Conn, Back Row: Dustin Fisher, Tyler Dearth, Asst. Coach Brady Mallon, Head Coach Brian Luft, Asst. Coach B.J. Van Vleet, Jeff Zelenovich, Joe Merryfield. Not Pictured: Marty Mohler.

Freshman Baseball

EHS vs. OPP

16	Dowling	6
14	Ames	10
13/5	North	4/1
16/2	Ft. Dodge	4/6
7/2	Lincoln	5/6
2/10	Dowling	5/9
8/8	Roosevelt	5/2
11/16	Hoover	1/9
5/6	Ottumwa	9/10
11/15	North	1/5
7/9	SE Polk	4/10
7/8	Lincoln	8/5
12/5	Roosevelt	11/3
3/3	Ottumwa	6/5

Sophomore Baseball

EHS vs. OPP

0	Dowling	13
3	Ames	9
9	Hoover	4
4/6	Ottumwa	8/14
15/11	North	4/4
3	Lincoln	21
8	Lincoln	12
4	Dowling	14
6	Dowling	4
0	Roosevelt	11
6	Roosevelt	12
13	Hoover	5
9	Hoover	0
4	Ottumwa	8
8	Ottumwa	9
10	North	0
19	North	1
11	SE Polk	12
5	SE Polk	15
16	Roosevelt	19
5	Roosevelt	4
3	Valley	13
3	Valley	15
5	Indianola	10
7	Bettendorf	6
3	Ankeny	8

SOPHOMORE BASEBALL.

Front Row: Nate Roth, Greg Tarr, Robert Bourdon, Carlos Patino, Aaron Young, Dustin Webber, David Bryant, Jeremy Cook. Back Row: Troy Deaton, Jeremy McDaniel, Marty Mohler, Coach Tony Snyder, Ron Harmon, Ryan Neff, Tyler Boattenhamer.



FRESHMAN BASEBALL.

Front Row: Jeff Jones, Brian Doornenbal, Tyler Raymond, Pete Michelsen, Alan Althaus, Kenny Savage, Derek Wennekamp. Row 2: Robbie Snyder, Matt Grochala, Josh Dunham, Spencer Shaw, Mason Ballard, Tyler, Gist, Drew Beals, Brian Merryfield. Back Row: Nick Lange, Tim Bolten, Asst. Coach Brent Parrott, Perry Erickson, Coach Scott Rourke, Luke Bolander, Nick Eaton.

BALL STRIKE OUT H-E



VARSITY SOFTBALL. Front Row: Beth Widlund, Elyse Logan, Carrie Hatfield, Jeni Grochala, Ashlee Petersen, Brandy Budd, Stephanie Cozad. Row 2: Mandy Ulmer, Jenny Carr, Jessica Cockerham, Nicole Cockerham, Kellie McFadden, Bobbie Stradley. Back Row: Kim Howell, Shannon Michelsen, Coach Jerry Collins, Coach Bob Savage, Coach Bob Ligouri, Lindsay Steele, Amanda Zust. Not Pictured: Nicole Kouri, Whitney Link.

Varsity Softball

JHS vs. OPP		
2	Boone	0
1/6	Johnston	4/4
1	Waukee	0
1/6	Hoover	0/0
12/3	Ottumwa	2/0
4	IA City High	1
3	C.R. Kennedy	0
0	Burlington	2
12/7	North	2/1
1	Valley	5
0/2	Lincoln	4/0
5/3	Johnston	6/2
3	Ottumwa	7
3/10	Roosevelt	0/0
5	Ames	2
3/7	Hoover	1/5
10	Van Meter	0
1	C.R. Kennedy	0
1	Burlington	0
10	Bondurant	0
3/2	Ottumwa	2/1
0	Colfax-Mingo	3
14/13	North	0/2
7/5	Fort Dodge	1/3
2/3	SE Polk	0/0
5/4	Lincoln	2/3
7	Davenport N.	0
10	C.B. Lincoln	0
8	F.M. Aquinas	0
3	Pleasantville	0
5	Roosevelt	3
4	Woodward	3
2	Indianola	0
4	Roosevelt	0
2	Lincoln	0
7	Marshalltown	0
3	Lincoln	2
1	Dowling	0
3	Urbandale	2
2	S.C. Heelan	1

JV Softball

EHS vs. OPP

9	Boone	4
5	Johnston	1
8	Waukee	2
4	Hoover	0
7/9	Ottumwa	1/2
1	Valley	0
2	Urbandale	2
0	Valley	0
7	Winterset	1
9	North	0
2	Valley	0
2	Lincoln	4
3/3	Roosevelt	5
10	Ames	4
2	Hoover	0
2	SE Polk	0
2	Burlington	0
3	Urbandale	2
3	Ottumwa	1/6
6	Colfax-Mingo	9
14	North	1
6	Ft. Dodge	1
6	SE Polk	3
7	Lincoln	2
13	Marshalltown	0
4	Valley	1
12	Ft. Madison	0
5	ADM	2
8	Roosevelt	0
6	Woodward	0
10	Indianola	1

JV SOFTBALL. Front Row: Kristen Robinson, Megan Logan, Brooke Budd, Else Logan, Elizabeth Widlund, Carrie Hatfield. Row 2: Jennifer Carr, Jamie Nixon, Kellie McFadden, Jessica Cockerham, Kardeea Scott. Back Row: Amanda Zust, Nichole Kouri, Coach Thana Heller, Coach Jamie Baas, Whitney Link, Shelby Speck. Not Pictured: Angie Baumeister, Ashlee Petersen, Amanda Ulmer, Jessica Beavers, Kayla Trumbo, Kasadee Sellers, Lindsay Owens.



Freshman Softball

JHS vs. OPP

9	Johnston	4
13/28	North	1/1
11/12	Hoover	0/0
6/5	Lincoln	3/2
3/5	Valley	2/4
7/3	Roosevelt	0/0
6/4	Ames	2/3
12/13	North	0/1
12/7	Hoover	0/0
7/10	Lincoln	2/3
4/13	Marshalltown	3/0
7/9	Dowling	5/5
8/10	Roosevelt	1/1

8th Grade Softball

EHS vs. OPP

12	Newton	0
4	Valley	2
10	Ames	2
11	Ankeny	3
12	SE Polk	1
2	Urbandale	0
12	Johnston	0
4	Waukee	1
9	Ankeny	1
0	Dowling	7
1	Indianola	3
3	Dowling	1
6	Urbandale	3
1	SE Polk	2

8th GRADE SOFTBALL. Front Row: Angie Baumeister, Ashley Logan, Lindsey Owens, Nikki Mowery, Kelsie Titus, Shara Van Weelden. Row 2: Kelli Sawhill, Mollie Horton, Kasadee Sellers, Karen Sawhill, Samantha Waters, Nichole Parnell. Back Row: Whitney Link, JaRae Shelton, Tonessa Young, Coach Brigid Monough, Deana Grooms, Sarah Strock, Melissa Horner. Not Pictured: Jessica Cockerham, Carrie Hatfield, Amanda Zust.





Varsity Football		
EHS	vs	OPP
38	Dowling	21
44	Sioux City West	14
46	CB Lincoln	22
7	Mason City	28
51	Roosevelt	63
54	Hoover	0
46	Ottumwa	56
55	North	0
25	Lincoln	14
State Playoffs		
20	Mason City	31

VARSITY FOOTBALL. Front Row: Jeff Carstens, Adam Bolander, Kenny Phaydavong, Robert Thompson, Jon Piper, Jason Boll, Ryan Henkle, Joe Cowles, Carlos Patino, Anthony Renfro, Scott Phaydavong, Matt Sowden, Michael Matthews, Austin Peterson, Aston Sauls. Row 2: Jaime Fitzgerald, Ryan Neff, Garrett Hagins, Markey Glenn, Bryan Whiting, Joe Smith, Nate Roth, Dan Kern, Mike Stockbauer, Jonathan Guy, Montez Rankins, John Stapes, Grant Bunce, Brian Dittich. Row 3: Asst. Coaches: Tony Williams, Ken Burgess, Ed Jennings, Carl Drautz, Tom Sanders, Chris Jorgensen, Head Coach Darrin Fisher, John Walling, Tron England, Patrick Lewis, Byron Williams, Bob Bagley, Jake Habbab, Trainer Paul Carr, Joe Bianchi. Row 4: Andrew Strahl, Marcus Nece, Mike Chumbley, Ross Loving, Mike Deerr, Cory Rankins, Savannah Stevenson, Xavier Rankins, Tony Whelchel, Neil Hall, David Bryant, John Gines, Tony Miller, Matt Daugharthy, Eric Radley. Row 5: David Howard, Andrew Olson, Jeff Zelenovich, Dan Fisher, Troy Deaton, Marty Mohler Jr., Jack Richards, Gabe Hibben, Damien Minter, Corey Avery, Hector Sanchez, Steven Williams. Back Row: Dan Lint, London Hayes, Sean Henry, Cody Conn, Ryan Evans, Adam Scarlett, Nathan Nissen, James Rendall, Rick Greenly, Tyler Boattenhamer, Matt Ballard, Jason Williams.

Sophomore Football		
EHS	vs	OPP
6	Dowling	34
13	Ankeny	31
38	Ames	64
13	Mason City	14
7	Hoover	0
48	Roosevelt	6
50	Lincoln	0
64	North	20
6	Ottumwa	34



SOPHOMORE FOOTBALL. Front Row: Jaysen Delpierre, Jeremy Amerison, Derek Wennekamp, Alan Harrington, Robert Thompson, Kenterill Johnson. Row 2: Travis Scott, Josh Ziegler, Pat Pollard, Doug Rowe, Larry Little. Row 3: Matt Dicks, Robbie Hill, Ed Jennings, Coach Ken Burgess, Patrick Lewis, Paul Carr, Brandon Ramirez. Row 4: Craig Whitney, Luke Bolander, Nick Ambrosion, Tim Bolten, Tyrone Johnson, Pete Cooper, Perry Ericson. Back Row: Robbie Snyder, Andrew Strahl, Andrew Hastings, Nick Lange, Jamie Fitzgerald, Todd Claibourne. Not Pictured: Ben Crowder, Floyd Perry, Ashton Sauls.

Freshman Football		
EHS	vs	OPP
6	Dowling	48
6	Ames	48
0	Ankeny	34
6	Mason City	0
34	Roosevelt	14
54	Hoover	0
14	Ottumwa	26
28	North	12
0	Lincoln	32



FRESHMAN FOOTBALL. Front Row: Rico Morrow, Tyler Sowden, Lee Chan, Robert Banner, Pete Michelsen, Jonathan Bixler, Eric Thavonekham, Tyler Raymond, Trevor Harger. Row 2: Luke Griffith, Aaron Snow, Jacob Vincent, Robert Stevenson, Justin Dehnert, Ryan Stockbauer, Joseph Pollard, Kyle Thompson, Pat Pringle, Alex Reed. Row 3: Justin Marmet, Robin Mickens, Scott Vulgamott, Coach Bob Bagley, Coach Carl Drautz, Byron Williams, Paul Carr, Matt Grochala, Marc Whalen. Row 4: Josh Eaton, Bryant Reynolds, Josh Steben, Nick Eaton, Tad Hoover, Royce Phillips, Zach Cort, Maurice Day, Brendon Kerber, James Hilt. Not Pictured: Justin Annis, Daivon Daniels, DeMarco Turner, Vacarro Butts.



VARSITY VOLLEYBALL. Front Row: Brandy Budd, Carrie Hatfield, Jenny Carr, Kristen Robinson, Beth Widlund. Row 2: Jayme Wetzel, Payton Petrie, Jamie Nixon, Aimee Munoz, Jeanna Frost, Ashley Munoz. Back Row: Mgr. Tarry Heckathorn, Shelby Speck, Ashley Letze, Coach Terrie Fenstermann, Mandy Ulmer, Chelsea Pickett, Mgr. Luke Ericson.



JV VOLLEYBALL. Front Row: Sarah Wignall, Chaneze Jackson-Spencer, Jamie Nixon, Myra Weatherall, Stacey Spencer, Amber Czizek. Row 2: Meaghan Bruner, Vivian DeLaCruz, Payton Petrie, Lindsee Hook, Erika Mullin, Justine Eaton, Amanda Smith. Back Row: Brooke Fisher, Ashlee Rankin, Shelby Speck, Coach Jenae Kock, Coach Jenny Young, Jeanna Frost, Carissa Hibben, Silvia Aguayo.



FRESHMAN VOLLEYBALL. Front Row: Ashley Logan, Elyssa Patino, Kasadee Sellers, Amanda Archer, Megan McElderry. Row 2: Latisha Streeper, Genesis Beltran, Mollie Horton, JaRae Shelton. Back Row: Brittany Fisher, Melissa Horner, Coach Mary Decker, Melanie Woltz, Amanda Zust.

Varsity Volleyball

HS	VS	OPP
0	Ankeny	3
0	Urbandale	2
0	Roland Story	2
0	Knoxville	2
0	Alden	1
0	Johnston	3
1	CR Rapids	1
0	Urbandale	2
1	North	1
2	CR Kennedy	1
0	Indianola	2
0	Indianola	3
0	Urbandale	2
0	PCM	2
1	Lincoln	2
3	Lincoln	0
0	Roosevelt	3
0	Ames	2
0	Johnston	2
0	W. Christian	2
1	Spencer	1
3	Hoover	0
0	CR Kennedy	2
0	West Delaware	2
0	Dubuque Walher	2
1	Davenport West	2
2	Ottumwa	3
0	Roland Story	3
3	Marshalltown	0
0	Roosevelt	2
0	Valley	2
0	Newton	2
3	North	0
2	Newton	3

JV Volleyball

HS	VS	OPP
0	Ankeny	2
0	Johnston	2
1	Indianola	1
1	Lincoln	2
1	Roosevelt	2
1	Hoover	2
1	Ottumwa	2
1	North	0
0	Boone	2
1	Urbandale	1
2	Webster City	2
2	North	0
0	Ankeny	2
1	Roosevelt	1
2	Lincoln Maroon	0
0	Lincoln Gold	2

Freshman Volleyball

HS	VS	OPP
0	Ankeny	2
0	Johnston	2
0	Ankeny	2
0	Ankeny	2
0	Winterset	2
0	Lincoln	2
0	Newton	2
1	Indianola	2
0	Lincoln	2
0/0	Boone/Indianola	2/2
1/2	North/Roosevelt	1/0
0	Nevada	2
2	Roosevelt	1
1/0	N. Polk/S.E. Polk	1/2
0/2	Waukee/Perry	2/1
2/0	Dowling/Ottumwa	1/2
0	Hoover	2
0/0	Ankeny/Grandview	2/2
0	Valley	2
2/2	North/S.E. Polk	0/0
2	North	1

Boys Varsity Basketball

EHS vs. OPP

58	Fort Dodge	84
61	Lincoln	63
53	Johnston	74
39	Roosevelt	59
43	Hoover	78
67	Ottumwa	63
61	Indianola	81
73	North	61
58	Valley	63
41	Lincoln	57
45	Roosevelt	56
47	Newton	67
71	S.E. Polk	67
44	Hoover	77
38	Ames	66
61	Ottumwa	83
46	Ankeny	62
45	North	46
43	Waukee	66
55	Mason City	70
50	Urbandale	39

Substate Tour.

39	Newton	61
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BOYS VARSITY BASKETBALL. Front Row: Ashton Sauls, Robert Miller, Anthony Renfro, Josh Zeigler, Jason Brownell, Gabe Hibben. Row 2: Mgr. Tiffany Howser, Dusty Westlake, James Fitzgerald, Todd Claiborne, Joseph Hart, Troy Deaton, Dustin Shandri, Bryan Merryfield, Mgr. Amanda Smith. Row 3: James Rendall, Asst. Coach Brady Mallon, Head Coach Andy Howard, Asst. Coach John Easter III, Asst. Coach Brian Luft, Eric Radley. Back Row: Nick Ambrosion, Scott Flaherty, Nick Lange, Sean Henry, Nyuol Mathok, Toby Zimmerman, Richard Bolden. Not Pictured: Bobby Black.

Boys Sophomore Basketball

EHS vs. OPP

55	Fort Dodge	57
58	Lincoln	49
59	Johnston	70
64	Roosevelt	61
62	Hoover	61
49	Ottumwa	64
62	Indianola	56
64	North	59
54	Valley	49
51	Lincoln	54
46	Newton	57
52	Roosevelt	55
57	SE Polk	54
49	Hoover	66
64	Ottumwa	58
55	Ankeny	71
54	North	52
44	Waukee	63
63	Mason City	67

Boys Freshman Basketball

EHS vs. OPP

53	Roosevelt	39
34	Fort Dodge	72
60	Lincoln	53
47	Johnston	74
48	Hoover	47
57	Indianola	51
70	North	44
52	Valley	59
47	Lincoln	34
66	Newton	58
56	Roosevelt	31
68	SE Polk	63
55	Hoover	66
42	Urbandale	58
63	Ottumwa	55
56	Ankeny	60
68	North	39
86	Waukee	51
53	Mason City	36
72	Urbandale	67



FRESHMAN BOYS BASKETBALL. Front Row: Demarco Turner, Danny West, William Michelson, Greg Zubulake, Mike Teasley, Ricco Morrow. Row 2: Justin Denham, Robin Mickens, Brendon Kerber, Kyle Thompson, Richard Walker. Back Row: Royce Phillips, Mark Heman, Coach Chad Street, Coach Ed Jennings, Nick Eaton, Justin Marmet.



VARSITY GIRLS BASKETBALL. Front Row: Nicole Kouri, Jamie Nixon, Meaghan Bruner, Carrie Hatfield, Ashley Taylor, Brandy Budd, Bobbie Stradley, Sierra Buck. Back Row: Jeanna Frost, Whitney Jenkins, Coach George Davis, Brooke Fisher, Asst. Coach Ken Morton, Micaela Mallet, Felicia Wagner.

Girls Varsity Basketball

EHS vs OPP

27	Mason City	49
39	Urbandale	74
21	Fort Dodge	71
38	Lincoln	63
23	Johnston	59
26	Roosevelt	71
28	Newton	69
23	Hoover	58
31	Ottumwa	62
24	Indianola	45
27	North	43
20	Valley	57
26	Lincoln	85
40	Waukee	39
53	Newton	62
39	Roosevelt	49
34	SE Polk	60
28	Hoover	54
28	Ames	69
38	Ottumwa	49
45	North	60

District Tour.

31	Johnston	67
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Girls Sophomore Basketball

EHS vs OPP

33	Mason City	37
33	Urbandale	44
25	Ft. Dodge	44
27	Lincoln	38
21	Johnston	52
27	Roosevelt	41
42	Newton	35
41	Hoover	26
20	Ottumwa	33
39	North	33
24	Valley	49
25	Lincoln	51
38	Waukee	42
43	Newton	45
29	Roosevelt	46
35	SE Polk	39
50	Hoover	37
59	Ames	43
31	Ottumwa	38
46	North	31

SOPHOMORE GIRLS BASKETBALL. Front Row: Laura Sanelias, Ashley Goodpaster, Iliana Raygoza, Kerry Tyler. Row 2: Ashley Griffiths, Katelin Eaton, Shelby Speck, Jaime Wagner. Back Row: Amuk Riak, Ashley Botts, Silvia Aguayo, Coach Bob Bagley, Brittany Fisher, Lindsey Hook, Mgr. Crystal Larson. Not Pictured: Meaghan Bruner.

Girls Freshman Basketball

EHS vs OPP

30	Mason City	24
17	Urbandale	63
24	Roosevelt	44
18	Ft. Dodge	33
48	Lincoln	38
15	Dowling	52
15	Johnston	49
34	Newton	36
42	Hoover	33
43	Indianola	46
48	North	20
21	Valley	69
26	Lincoln	48
35	Waukee	26
41	Newton	45
26	Roosevelt	34
53	SE Polk	60
53	Hoover	35
42	Ottumwa	38
39	Urbandale	62
40	North	13

FRESHMAN GIRLS

BASKETBALL. Front Row: Ashley Logan, Latisha Streep, Kourtney Stevens, Shannon Wagner, Kelsey Titus, Lindsay Owens. Row 2: Mollie Horton, Mgr. Jetoya Edwards, Kasadee Sellers, Mgr. Jessica Cockerham, Angie Baumeister, Mgr. Jenna Doty, Samantha Waters. Back Row: Coach Thana Heller, Whitney Link, Kate Bauman, Amanda Zust, Teri Ayres, Coach Marjorie Glynn.



Girls Cross Country

SE Polk Inv.	9 th
Urbandale Inv.	14 th
Hoover Inv.	8 th
Johnston Inv.	8 th
North Inv.	6 th
Newton Inv.	12 th
Waukee Inv.	4 th
East Inv.	6 th
Norwalk Inv.	10 th
CIML Conf.	5 th
District	10 th

Boys Cross Country

SE Polk Inv.	8 th
Urbandale Inv.	11 th
Hoover Inv.	7 th
Valley Inv.	8 th
Newton Inv.	13 th
Waukee Inv.	3 rd
LA City Inv.	3 rd
Augustine Inv.	4 th
CIML Conf.	3 rd
District	10 th



GIRLS & BOYS CROSS COUNTRY.

Front Row: Thuy Huynh, Roxana Ferreyro, Laura San Elias, Nicole Miller, Andrea Torres, Allison Rauh. Row 2: Shannon Michelsen, Sierra Buck, Amber Santa Maria, Staci Owens, Mikaela Atkins, Brooke Brumley, Courtney Chaplin, Aprill Fisher. Row 3: Matt Donahue, Zach McLaughlin, Coach Mel Green, Coach Deb VanVelzen, Mgr. Jacob Opel, Robert Bourdon, Michael Miller. Back Row: Trevor Dickey, Evan Fousek, Zach Reese, Nyvol Mathok, Scott Flaherty, Chris Moore, Nolan Walker, Jeremiah Yassin, Andrew VanGundy. Not Pictured: Luel Tenny.

Boys Golf

HS	vs.	OPP	
168	Ankeny	147	
180	Johnston	162	
171	SE Polk	153	
164	Lincoln	146	
186	Roosevelt	163	
179	Hoover	155	
174	Ottumwa	147	
164	North	166	
159	Mason City/North	141/174	
174	Indianola/Ankeny	157/158	
CIML Conf. 1 st Half			371
CIML Conf. 2 nd Half			729
District			366



BOYS GOLF. Front Row: Pat Cooper, Tanner Robbins, Cody Nieland, Dax Bell, Greg Zubulake, Mike Hickman, Daniel Nguyen, Daniel Bright. Row 2: Jeremy Miller, Mike McCourt, Trevor Jones, Justin Constable, Nick Fogle, Dustin Slemple, Eric Cooper, Robb Schackelford, Trevor Bird. Back Row: Justin Denham, Taylor Walker, Phil Duncan, Coach Sy Forrester, Coach Deb Waltz, Paul Bright, Jesse Antelman, Tyler Gist. Not Pictured: Nick Zubulake.

Girls Golf

HS	vs.	OPP	
260	Mason City	249	
189	Indianola	289	
268	North	292	
225	Roosevelt	178	
265	Hoover	270	
260	Ottumwa	184	
263	Lincoln	206	
253	North	263	
Valley Classic			280
City Series			244
North Inv.			534
Conference			564
District			556



GIRLS GOLF.

Front Row: Darcy Baker, Rahni Janssen, Jamie Johnson, Jacqueline Johnson, Sheena Cunningham, Heidi Kaldenberg, Katie Ring. Row 2: Ashley Munoz, Andrea Grossman, Jennifer Barker, Amber Santa Maria, Brooke Brumley, Heather Schietzelt. Back Row: Melissa Beede, Kerry Bloomquist, Michelle Gazzo, Coach Lowell Long, Aimee Munoz, Chelsea Pickett, Valerie Boland. Not Pictured: Casey Dawson, Tiffani Byrd.



GIRLS SWIMMING. Front Row: Anna Filippelli, Jenne Reedholm, Danielle Reynolds, Danielle Campos-Anderson, Tiffany Dalrymple, Julia Byers, Ashley Walker. Row 2: Jessica Canwell, Alex Giddings, Julia Phillips, Mgr. Shannon Stewart, Rachel Holcombe, Megan McCallister, Alia Winterbottom, Laquana Mitchell. Back Row: Lacey Chumbley, Sara Strock, Katelyn Dehaan, Asst. Coach Eric Gavin, Angela Puffett, Coach Stan Thompson, Whitney Link, Anna McCourt, Allie Griffiths.

Girls Swimming		
ETS	vs	OPP
35	Ankeny	135
108	North	56
61	Grinnell	119
38	Indianola	132
98	Perry	70
67	Lincoln	102
39	Roosevelt	144
50	Hoover	120
47	Ottumwa	118
5 th Place	Ram Inv	
116	North	51
Conference 5 th Place		

BOYS SWIMMING. Front Row: Brian Roby, Kyle Gowin, Chris Piatt, Patrick Suggett, Joe Farley, Dana Piatt. Row 2: Mgr. Megan McCallister, Brandon Ramirez, Steve Strock, Ross Hesseltine, Justin Bales, Nick Anspach, Mgr. Sarah Strock. Back Row: Tad Hoover, Tim Bolten, Asst. Coach Byron Williams, Coach Erin Lowe, Luke Bolander, Saul Alcada. Not Pictured: Scott Sullivan, Mgr. Danielle Campos-Anderson.



Boys Swimming		
ETS	vs	OPP
57	Ankeny	108
74	Indianola	96
84	Lincoln	81
33	Roosevelt	61
39	SE Polk	55
68	Hoover	102
98	Newton	72
17	Ottumwa	75
28	Grinnell	66
65	North	21
North Inv.		3 rd
Ram Relays		5 th
Urbandale Inv.		7 th
Conference		5 th
District		7 th
State		19 th



Wrestling		
ETS	vs	OPP
18	Ankeny	51
39	Johnston	35
9	Indianola	63
18	Lincoln	46
39	Roosevelt	28
39	Chariton	33
45	Norwalk	21
77	Hoover	6
23	Ottumwa	34
57	North	13
25	Roosevelt	46
51	All-Stars	18
33	Benton	40
57	North	16
12	Dowling	54
Marque Glenn 8 th in State		

WRESTLING. Front Row: Amy Heggen, Samantha Winebrenner, Michael Crabb, Jack Housley, Garrett Hagins, Luke Ericson, Matt Sloan, Robert Bourdon, Brian Schulz, Joshua Douglas, Molly Fredericksen, Rorrie Nagy. Row 2: Mgr. Ashli Walker, Eric Thavonekham, Chris Dellaca, Shawn Graham, Brian York, Markey Glenn, Ashley Tappan, Reeio Sumabat, Amanda Armintrout, Ryan Dockum, Jeremiah Vincent, Jeff Wright, Ryan Henkle, Alan Althaus, Mgr. Amber Harvey. Row 3: Mgr. Jenne Reedholm, Derek Wennekamp, Tyler Smith, Joshua Richardson, Michael Dellaca, Joshua Davis, Head Coach Larry Jackson, Asst. Coach Scott Rourke, Daniel Lint, Tyler Boattenhamer, Kenterrill Johnson, Tyler Sowden, Trevor Harger, Jeffrey Garretto. Back Row: Matthew Sowden, Montez Rankins, Jared Graeve, Matt Grochala, Daniel Kern, Ross Loving, Bryant Reynolds, Floyd Perry, Orville Long, Brian Dullard, Gary Bean, Anthony Miller, Steven Williams, Marc Whalen, Robert Hill, Ben VanSyoc. Not Pictured: Michael Chumbley.




Boys Bowling	
	Average
Tanner Fisher	187
James Fortune	197
David Minikis	178
Joe Smith	186

BOYS BOWLING. Front Row: David Minikis, Mike Fausett, Joe Smith. Back Row: Tanner Fisher, James Fortune, Matt Smith.



Girls Bowling	
	Average
Ashley Heaberlin	119
Megan Most	176
Katie Ryan	126
Liz Sample	105
Heidi Kaldenberg	124

GIRLS BOWLING. Katie Ryan, Megan Most, Liz Sample. Not Pictured: Ashley Heaberlin, Heidi Kaldenberg.



When we began to make this book, we had one thing in mind... us, the Scarlets. We wanted to show the best in everyone. Each of us has something to be proud of and here at East there is everything anyone can look for. No matter what a student is interested in, there is a class or teacher who is always there for support.

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Finding the Right 2010

Everybody learns in his or her own way, at their own level, at their own pace. But one look around shows that we are all Scarlets. We are all one, together, all here to reach our goals, all here to get life experiences, all here to get an education.

As the seniors leave, their eyes are wide open to the world, fearing what possibly awaits them. If they have participated in the opportunities the school offers, they have already seen wonders. They have been introduced to many different cultures, religions, and frames of mind there is a wonderful diverse people that we know what this school is.

One of the first things that J1 students notice when they first take journalism is the weird habit adviser Ed Kelly has of putting interesting (and insightful) quotes on the chalk board. Here are a few:

[Quotes of the Day]

"An idea can turn to dust or magic, depending on the talent that rubs against it."



"What we must decide is perhaps how we are valuable, rather than how valuable we are."

"Happiness is a journey, not a destination."



"An apple a day makes 365 apples a year."



focusing on her story at her computer, senior **Holly Hedberg** anticipates the long hours to come for this new school year. Hedberg, as copy editor, had a lot of work cut out for her.

interviewing teacher **Samy El-Baroudi** for her story, senior **Heather Kilby** gets the quotes and information she needs. She sometimes had to interview sponsors and coaches more than five times before a story was completed.



ed Kelly, talking with juniors **Barbie Morris** and **Oudaphone Tran**, gives words of wisdom about the upcoming deadline. At right, senior **Heather Kilby** talks with a few of the new Quill members, giving them pointers on how to start their story.



Dedicated to Memories

Story & Design by:
Jesse Antelman

I think if you
enjoy something,
then it is not really
work, but
something you
want to do

...Senior *Chelsea Pickett*

Typing at her computer, junior **Staci Owens** worked in early September on her story for the first dreaded deadline of the year. She researched constantly for two weeks solid, making sure her work was superior, and that the yearbook would be first-rate for EHS students, staff, and alums.

"It was really hard to get a hold of people when you were trying to find someone for a certain story," said Owens. "Sometimes it was stressful because deadlines seemed to come up one right after the other."

Owens was just one of the 21 students on the yearbook staff that faced those wicked deadlines and problems all year long. Students agree that this class was not like others, and it had a sense of freedom to it.

"I was dedicated to this because it wasn't like a normal class, it was a hobby," said senior **Heather Kilby**. "By the end, I was extremely proud of what we had accomplished."

"I think that if you enjoy something, then it is not really work, but something you want to do," said senior design editor **Chelsea Pickett**.

The Quill is a student-run program where the students come up with the ideas with an instructor guiding them along, showing them new techniques and giving inspiration.

"I love teaching this program," said adviser **Ed Kelly**. "These are top-notch kids who love working as a team to produce a really visible product."

The Quill has been around since about 1900 as a student magazine that came out about three times a year. There was no newspaper at the time, so it contained creative student writings as well as class pictures.

The techniques used to produce the Quill have changed in recent years. Ten years ago, typewriters and pencils were replaced with computers.

Kelly said, "The new computer lab brought us into the world of desk-top publishing and the creativity of the kids just blossomed."

The staff uses 16 Dell computers, three printers and two scanners. Design programs like PageMaker and Photoshop are used to create the yearbook. Newer additions to the class are the digital cameras, so photos can be sized and changed in the computer and put right on the spread.

This being one of the biggest Quill classes ever, the 21 staff members had to get along, face deadlines, and complete the entire book by March.

"It is good that the class was bigger because the work could be spread out evenly," said senior editor-in-chief **Seth Conn**.

Many students feel their experience in class was valuable and could see themselves continuing their careers in journalism.

"When I graduate my ultimate goal is to work for a magazine company," said Kilby. "I'll be able to use the skills of writing and designing that I learned here at East."

Photojournalists: Jesse Antelman.



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Share your opinion

What's the most entertaining section of the Scroll?



My favorite part is the Top Ten list. It always makes me laugh. My friends and I always looked forward to reading it.

~Freshman Randy Clark

My favorite section of the paper was definitely the calendar on the last page. I liked the pictures added to the calendar; it made it fun.

~Junior Sam Winebrenner



above, laying on the floor, junior **Ryan Neff** takes a few minutes to look over the outcome of a recent paper.

At right, getting comfortable while she waits, junior **Courtney Chaplin** takes a short nap while waiting for everyone to finish their assignments.



Rollin' out the Scroll

Story & Design by:
Tina Nickerson

getting ready to attack a deadline, senior **Alicia Zacher** and sophomore **Nikki Omundson** take pictures to make a creative headline for their section of the paper. For the first time, page editors were responsible for taking their own pictures.

sophomore **Nikki Omundson** sat down daily at her computer during second hour, staring at it in concentration, hoping that she would make the day's deadline.

Omundson, along with thirteen other members of the Scroll, worked hard every three week period to successfully produce an organized newspaper for the school and public.

"It was hard to get everything finished by deadlines, but I did my best to make sure it was done. No one said it was easy with all the pressure, but I didn't mind the hard work too much because it was always so much fun," said Omundson.

When each publication date came around, the editors in chief, **Alicia Zacher** and **Eric Radley**, were in charge of making sure everything was perfect. Though the pressure was tough, the two editors stuck that everyone made their own

"The editor position was entertaining because there was on, always something to do. into something and seeing the me," said Zacher.

There were many different structure of the paper this even harder to reach at times. calendar that included sports conferences, early dismissals, meetings. A new section also concert reviews, books and

"I really liked the whole idea twelve, but only if it could be done correctly," said junior **Kirsten Hansen**. "It ended up turning out great."

All the members on the staff were individually picked and took a special Journalism One (J1) class. Each student is specially trained to use computer programs like Page Maker, Illustrator, and PhotoShop, which play a big part in the design of the paper.

Then there's the "journalese" writing style.

"That style gives the writer an advantage because it helps to get the reader to read the entire story. 'Journalese' style draws them in quicker," said senior **Mike Mendenhall**.

"The J1 class was very educational when learning how to write and design things, not only did it help me learn to write for the paper, but many other things, too," said junior **Josh Young**. "It made my job as the news editor easier when finishing a deadline."

Many of the members of the Scroll can agree that trying to make a deadline was very stressful and the editors were demanding. But most agree that being on the staff was a fun and awesome experience.

"It was really fun, especially since I was working with a bunch of people I really knew. That gave me the freedom to do whatever I wanted in front of them and not feel stupid," said junior **Ryan Neff**. "Even though it may seem like it was all fun and games, we all stuck to it and got our work done by deadline."

Working on the staff was really fun, especially since I was collaborating with a bunch of people I really knew. It gave me the freedom to do whatever I wanted in front of them and not feel stupid!

...Junior **Ryan Neff**

stressful yet very always something going Putting your entire heart results was the best part for

changes made to the year, which made deadlines Such as: page twelve had a dates, test dates, dances, and other types of featured stories on movies, CDs.

of the calendar on page twelve, but only if it could be done correctly," said junior **Kirsten Hansen**. "It ended up turning out great."

Photos by the Scroll staff

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going through each staff member's stories, junior **Josh Young** shows two staff members which stories to mainly focus on for an Original publication.

Benefiting from experience

Story & Design by:
Shannon Michelsen

To see where all of the behind-the-scenes action in printing occurs, take a step into room 655 where you'll find **Tom Cole** and his studious bunch.

Graphic Technology is responsible for printing the Scroll, providing the school community with flyers, business cards, and doing other pre-press work.

"This is more of a commercial class," said Cole, who has now been teaching the class for 3 semesters. "It offers the students a profession option."

For many students this is a way to get a glimpse at what a graphics career would have to offer. Other students have made up their minds and are getting an early start.

"Take this class if you're interested in printing," said senior **Amanda Armintrout**. "It could help you in your future."

The more advanced classes published the Scroll, the school newspaper, which is the biggest project in the class. According to senior **Ross Loving**, this job got a little messy at times.

"It's a hands-on class," said Loving. "You're bound to get dirty."

According to some of the students the classroom was an excellent learning environment.

"Graphics was a very laid back class," said senior **Kellie McFadden**. "It was easy to concentrate on your project and do a thorough job."

The students appreciate the convenient pace of the class, too.

"It depended on what was being made," said Loving. "If it was big then things moved fast."

Taking this course did its part for its students.

"I've learned a lot about the field and what equipment was best for different things," said Loving.

"A lot of changes have occurred in the graphics agenda," said Cole.

"I'm looking forward to seeing how the students adjust to them."

For someone debating whether to take the class, McFadden says, "If you enjoy working with machines and designing things, then take it."

Printing the Newspaper

1
After the pages are sent to the graphics staff, they are made into negatives.

2
The negative is stripped up and shot onto a plate.

3
The plate is developed, then put onto the press and run.





[The Benefits...]



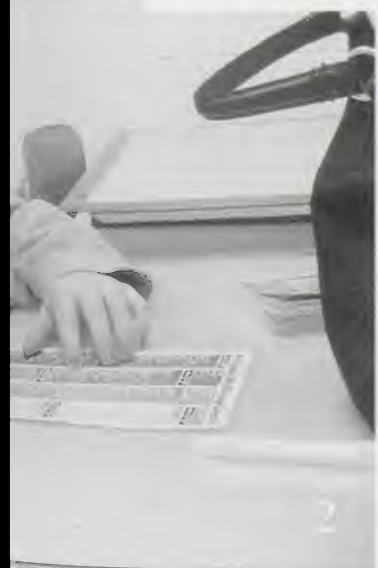
- ! There are about 30 colleges and universities in Iowa that allow students to earn a degree in graphic design.
- ! The average number of credit hours needed to earn a degree in Graphics Arts is 124 (in Iowa schools).
- ! After completion of college professional positions are open in places like The Des Moines Register, The Principal Financial Group, and Meredith Corporation.

Photojournalist: Shannon Michelsen

“ This is more of a commercial class, it offers the students a profession option.
...Teacher Tom Cole ”



Together, teacher **Tom Cole** and junior **Arthur McAninch** prepare Cole's new invention for classroom use (1); viewing the agenda, junior **Rorrian Nagy**, plans out a project (2); senior **Gabriel Eaton** hangs the silk screens used in the T-shirt making process (3); checking out the equipment, Cole sports some fashionable headgear. Little do you know, he's also wearing kneepads (4)!



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"winning the fire safety poster award was one of the very best accomplishments that I can do for my school."

-Senior Andrew Pelletier

"seeing all my work come together as a whole is really nice. it helps to know that (a teacher) is there to help me when I need them on a project or two."

-Senior Aaron Sharp



above, sophomore **Robert Wiese** stretches over his work to show school spirit. Upper right, the art classes show their school spirit in sidewalk painting for homecoming at Williams Stadium. At far right, sophomore **Miguel Robles** and **Heidi Hedberg** take a break to listen to teacher **Jerry Goodrich** talk about different kinds of steel. Secretary **Diane Fleming** and Principal **Tom Lee** take time (near right) out of their busy schedules to take a pilgrim picture during homecoming week fun and games.





Standing proudly, senior **Andrew Pebbles** receives a plaque from Principal **Tom Lee** and teacher **Shirley Gooch** for winning the annual fire safety poster contest.



Painting a new view

Story & Design by:
Alicia Alvarez

Photos by Alicia Alvarez & Shirley Gooch.

Do you think that you're as creative as the art class? Then, why don't you jump on their bus for a ride of creativity. This bus is a one-way stop to adventure.

"This class is a blast for people who find out that they are creative," said sophomore **Mathew Jones**. "Sometimes being creative inspires me to work harder for what I want to do in the future."

Students who can't take art classes and have an AP class, can take time on Thursdays from 3-3:30 to join the Art Club.

"I really like art and am glad there is a club," said junior **Desiree Chavez**. "It really helps me out since I don't have time in class to finish my work."

The club works on stained glass, photos, leather and beads. They also got more detailed into their work than in daily classes.

"We do a variety of things that students in the regular art program may not get to do," said art teacher **Jerry Goodrich**. "We even go on occasional field trips."

Ten students were chosen to go to the Simpson Art Show in October to show off their work. Art teacher **Shirley Gooch** chose five and Goodrich chose the other five students.

"We had a good number of kids that are good in art," said Gooch. "We also had a number of kids that have a lot of talent throughout the school."

The Chrysalis 8 Workshop Day was held at Simpson College for the ten students. Activities consisted of printmaking, photograms, beads, computer imaging, illustration, claywork, watercolor, drawing, Chinese calligraphy and sculpturing.

"Even though it was a rainy day, it didn't dampen their spirits," said Gooch. "It was a real quality exhibit with lots of hands-on activities."

Some students demonstrated other ways for working with art, like with advertising agencies, the Des Moines Register, and the fashion industry.

"I like that we showed our artwork to people outside of the school in different activities," said junior **Dan Murphy**.

Art helps in many ways to express inner feelings. It also can relieve stress in a creative way, according to junior **Heather Noel**.

"I didn't realize how much more creative I could be when I am in a bad mood," said Noel. "It is a real stress reliever in my life."

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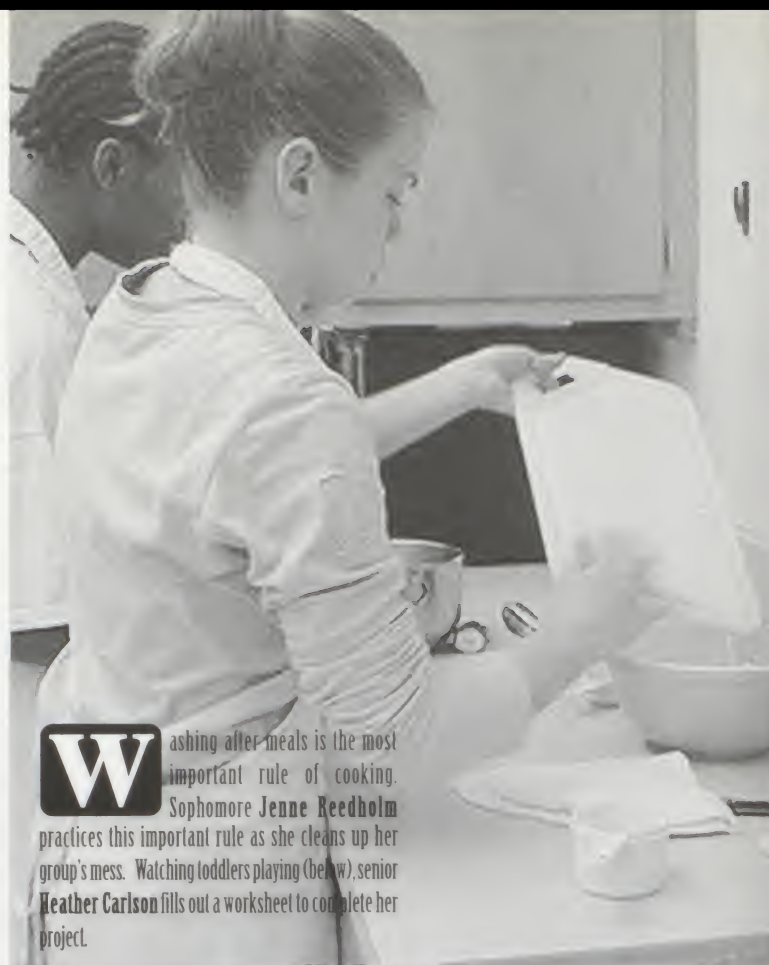
Did You Know

Classical music stimulates a baby's brain.

All organs are present, although immature, during the 3rd month of pregnancy.

By the time a baby is three years old, the brain has formed about 1000 trillion connections between the neurons and dendrites in the brain. That is about twice as many as the average adult has!

Myth: If a woman is carrying high, she'll have a boy. If she's carrying low, she'll have a girl.



Washing after meals is the most important rule of cooking. Sophomore **Jenne Reedholm** practices this important rule as she cleans up her group's mess. Watching toddlers playing (below), senior **Heather Carlson** fills out a worksheet to complete her project.

m eet the future graduates of East High School. These cute kids were brought to school not to learn, but to help the Child Development class learn how toddlers interact with each other.



Eriana, age 2



Maddy, age 1



Kaylee, age 1



Monica, age 2



Working for the future

Story & Design by:
Barbie Morris

I plan on working in child care when I get out of high school.

Freshman **Kasara Felts**

Runny nosed, booger-picking, mudpie eating, lovable, cuddly kids. Gotta love 'em, huh? Question: Ever wonder what it is that makes them tick, or exactly what they find so attractive about bellybutton lint? Find the answer in the Adult Living and Child Development classes.

"When teenagers study about kids, I think it helps them prepare for when they have children of their own," said Family and Consumer Science teacher **Deann Hebert**.

Not only does Child Development help students learn how kids grow physically, but, according to freshman **Kasara Felts**, the class helps her understand how children grow mentally.

"I plan on working in child care when I get out of high school," said Felts. "Now I know what types of activities are appropriate to plan for different age groups."

Parents also feel that classes like this are a good head start for their children.

"I remember taking Child Development when I was at East," said alum **Barbara Mallett**. "I work in child care now, and I think this class really helped me prepare for having kids and working with them."

Not only is Child Development helping students prepare for their futures but, according to Hebert, Adult Living covers the basis on living on your own.

"The class teaches finance, budgeting, cooking, and child care," she said.

Adult Living and Child Development help prepare students for unexpected turns their lives may take.

"I took these classes to help me prepare for life after graduation," said senior **Heather Carlson**. "Now I'm not so nervous about moving out next year and living on my own."

Something burning? cooking means learning

Story & Design by:
Alicia Alvarez

As the students walk into the food class most just think "Oh! This is going to be an easy A," but it's more than that.

"Most students who take these classes feel that the students who take my class will be very amazed about what they can learn to do in the future," said teacher **Kathy Crum**. "The more you can do in life, the better off you'll be in the future."

The main food courses that Crum teaches are broken down into two classes: Food and Nutrition and Food and Consumer Science. The nutrition class is required first and is provided for freshmen and sophomores. It is a basic cooking class that deals with measurement equipment, learning how to ease bread, make pastas, rice and eggs.

"I like the foods class because I get to cook foods that I don't get to have at home," said junior **Ashley Welding**.

Food and Consumer Science class is for juniors and seniors. The students get into the details of cooking, then food and nutrition. Students learn to make pies, pastries, cakes, meats, quick breads and learn cooking techniques.

The class also covers sanitation and safety of the kitchen and teaches students to read and understand recipes.

"Cooking class helps in many ways," said sophomore **Jenne Reedholm**. "It helps me realize that cooking has a big affect in the future and that's the only way that I will be able to live in the real world."

Although learning to cook one's favorite food or pastry was great, what about those who wanted to sew their favorite sweater or shirt?

Teacher **Deann Hebert** got her students involved in designing their own clothes and accessories.

"The fashion class learns the primary colors and what other colors may be blended together with them. They make posters of their favorite outfits and they wear the shirt-fabric that expresses them," said Hebert.

"I think fashion is a really good class to take if you want to go into that as a career," said junior **Ashley Townsend**. "You also get to do many fun hands-on activities that make it very interesting."

The sewing class covers the facts of fabrics, sewing techniques, and certain stitches to use on different fabrics.

"We get to pick what we want to make and take as much time on it as we need," said junior **Amber Bosley**.

In a sense, all the consumer classes are meant to help students get ready for life and the real world.



Watching teacher **Kathy Crum** closely, the food and nutrition students take notes for future reference. Students often took notes on procedures as a helpful guide when preparing a recipe later.



Preparing for their early lunch, at left, **Kathy Crum's** Food and Nutrition class takes time to eat their lasagna rolls, which took two days to prepare. Sewing a pair of pants, below, are juniors **Amber Bosley** and **Savannah Stevenson** along with sophomore **Dawn Chapman** who made sure they chose their favorite fabric to use for their projects.



What do you like about class?



"I like this class because we can learn about different foods and how to prepare them."

- Freshman Kristie Thomas



"I get an opportunity to try out new things and see what styles of clothing look attractive on me."

- Senior Sabrina Tolson



Crafting to perfection

Story & Design by:
Heather Kilby

Some classes can be categorized as hands-on and enjoyable. For many students Auto/Metals fits that category more than any other class. Students get a chance to use a variety of tools and machinery to craft all different sorts of projects.

"I took this class because I thought it would be fun working with the tools and I really like to work on cars," said junior **Mike Randolph**. "We get to sand and paint. We get to work at our own pace and I like that freedom."

According to the advisers, about 65% of the students taking Auto/Metals say they want to continue this line of work after graduation. They use this class along with others available at Central Campus to get the hang of everything.

"I am going to continue on with auto-related work after I graduate, so this is the perfect chance for me to learn all about the basics," said Randolph. "I am considering Central Campus next year because you are able to receive college credits while still in a high school program."

One thing that was brought to mind each year was that there were usually no females in the class. Males dominate the class and they usually do every year. Some feel that more females should take the course, making it different but interesting.

"I think that more females should take this course and get their hands dirty," said sophomore **Chaz Wood**. "I think girls are afraid that they will mess up and the guys will pick on them, but we would just try to help them out and show them the ropes."

A typical day in the class usually did not consist of a lecture or bookwork. The teachers liked the students to have as much time as possible to work on their projects and to see them progress throughout the semester and year.

"I just like to see the kids hard at work," said advisor **Russ Junck**. "They are in this class to be able to explore a little bit of everything when it comes to auto and metals and I think that many of them feel like they have responsibility because of the freedom they have in here."

The teachers gave the students the chance to work on different cars brought in by people who wanted something minor fixed on the exterior such as a dent or some rust.

Students can also bring in their own cars if they need to fix something on them. They can work on their own vehicle and get credit for participating in the class at the same time.

"When I took the class, I brought in my car because it had some rust on the side. I learned how to take off the rust in the class so it was the perfect opportunity," said senior **Marcus Nece**. "Within about one week of working on it, I got the rust off of it and you can't even see that it was ever there before."





U sing the welder, sophomore **Juan Paz** melts down unwanted sharp edges of a scrap that came from a bumper of a car students worked on in November. They learn how to operate equipment like the welder early on in the year and within weeks they are pros.



W hile patching up a hole with bondo on a car fender, junior **Mike Randolph** gets close up and perfects his project. The students had to scrub their hands with special soap and warm water after class daily because they frequently used different toxic products for their work in the shop.



O ne of the many cars brought in and out of the shop throughout the year was this Chevy truck, at left. Sophomore **Bob Wiese** sands away at a metal chisel, below left. Senior **Jeff Dare** tapes down the exterior near the roof of a car before touching up the door with a buffer, below right.

*Chisel - made by
sophomore Chaz Wood*



What did you enjoy the most?



It was my chance to work with tools and being able to use my hands was fun, too."
-sophomore **David Ezzle**

"Definitely using fire to craft different projects was the aspect that I enjoyed the most."
-sophomore **Chaz Wood**



The thing that I enjoyed the most was just the work itself. I was free to work at my own pace, too."
-junior **Mike Randolph**



Senior **Jeremy Harvey** waits for his project to be completed. This is a new machine purchased by the school. While, at top left, senior **Ross Hessel** works on planning a design for his project. An example of the engraving they do is on the jewelry boxes at left.



Working at his computer, senior **Jared Graeve** contemplates his next drafting idea. Not very many drafting students use computers. Most use pencil and paper, such as junior **Bryan Henkle** (below). At right, woodshop teacher **Jeff Hall** shows his students how to use the new drill press. The drill press is also one the machines bought through the grant money East received.



Career options for future jobs where
drafting and woodshop would come
in handy...

Woodshop

Carpentry
Remodeling

Wood manufacturer
Building contractor
Cabinet maker

Drafting

Architecture
Layout designer
Magazine editor
Shoe designer
Landscape artist

Building Knowledge

Story & Design by:
Jesse Antleman

B

Working on the new computerized engraver, senior **Ross Hessel** took advantage of the equipment that the East woodshop received.

"I think that this machine is a big improvement," said Hessel. "I don't think any other school has this technology."

Hessel is just one of many industrial education students benefiting from a \$40,000 federal grant called the Perkins Grant. The money was used to add to the woodshop's machines, providing a new computerized engraver and lathe.

"These machines were really useful because they let you personalize your project and made me proud of my projects," said Hessel.

Along with these computerized machines were new materials and normal tools such as new clamps, two new drill presses and a new finish room system.

"The new materials we received were a lot easier and faster to use," said junior **Josh Stephenson**. "It's nice because you don't have to wait for people to get done for you to use it."

The drafting classes also gained a technology design video digital editing system. This new system allowed students to make their own videos.

"The students really enjoy this new system and like to use it," said teacher **Marty Mohler**.

The woodshop and the drafting department have been said to be nothing alike, said Mohler, but now that the woodshop is more advanced, it combines them both.

"I think that taking the drafting course as a freshman helped when the new machines came because it resembles what we did in drafting," said junior **Sara Michener**.

"The drafting class really gave me the background for the new computerized machines," said junior **Trevor Bird**. "I think it would have been a lot harder to have figured it out if I wouldn't have taken the course."

One thing that pushes the kids to do well on their projects in either class is the annual tech fair. During the tech fair, the teachers select students to enter their projects in an effort to win medals.

"I remember going to the fair and how exciting it was to get a medal," said junior **Michael McCourt**. "It was a motivator to do a good job on my projects."

These two industrial arts classes can help out those who want a future in either carpentry or drafting. They teach the basics, which allows students to see if that is what they want in a career.

Photojournalists: Jesse Antleman

academics

E^xperience

the real world

Story & Design by:
Holly Hedberg



The business department is an entire world of its own, and students can explore a wide range of activities.

This year, the business department received two brand new computer labs.

"I feel like we can brag now, and we don't have to apologize for our equipment. We are all very proud of it. We can now say we have the very newest," said teacher **Elaine Peterson**.

The multi-media class was also impressed with the new equipment.

"I love it," said teacher **Derek Lounsberry**. "Windows XP is what we use in multi-media and it's great. We can make web page designs and it's just like the real world. That's what the students need."

There are four computer labs altogether and they are all Internet ready. The two new labs have computers that include Windows XP and Office 2002.

"I liked the new computers a lot," said senior **Sirina Greene**. "I loved learning how to use Powerpoint and making web pages. We got to make all kinds of designs and themes."

The students learned to use programs such as Access, Word, Excel, Powerpoint, and Front Page.

"I like the programs because we got to learn so many different things, and it helped me to improve my computer skills," said freshman **Lacey Lechlitter**.

The economics class was set to simulate the real world in teaching students how it would be to work for a business.

"The goal of the program was to teach about business and recreate a business structure using leadership skills and breaking down tasks," said teacher **Samy El-Baroudi**.

The students started a system. The president people that he or she president followed, and



with templates of an organized headed the company with a few oversaw, then the vice-so on.

"I was so happy when I was voted to be president," said senior **Sarah Raymond**. "It was such a big responsibility and I had so much fun doing it."

The profit from the "businesses" was shared with the stockholders, students who invested in the company. Some classes sold sweatshirts and hats while another class put on a concert.

"Each class was able to decide what product or service they wanted to promote. As long as they didn't break any laws or rules, they could do almost anything," said El-Baroudi.



Senior David Calo reads through his instruction book to help him with his work. Below, freshman Ashley Logan answers questions on her worksheet. Above right, the class is intently working at their computers. They were able to design their own websites in class.



A Special Thanks To... *Nancy Hansen*

1978-2003

Nancy Hansen has helped raise money for the Quill yearbook through her sales class for 24 years. Mrs. Hansen and her class have raised over \$300,000. She has been instrumental in creating and selling the ads in the back of the book. The Quill Staff would like to give her a great big...



Thanks

for all of her hard work and dedication to the yearbook for so many years.



academics

Supporting the school

Story & Design by:
Staci Owens

haking the hand of Townsend Engineering owner Ted Townsend, junior **Adam Kalwishky** sold yet another ad for the yearbook last fall.

Kalwishky, the top seller of his class, was just one of the marketing sales students that helped sell ads for the back portion of the yearbook. It was not an easy task but these students went out almost every day and tried to sell more and more ads.

"I like the class a lot because of all the experience you get by going out and trying to sell ads," said Kalwishky. "It is extremely fun and I am really glad I took this class."

The students were allowed to leave the classroom to go try and sell as many ads as possible to businesses on the east side that have been dedicated to East High for years. Steve Henry, president at Iowa State Bank, is just one of those loyal supporters.

"We have a number of East school graduates that come to work here," said Henry. "The students that do come from East are always good workers."

Marketing sales is actual, on the job training, just like professionals. The students had to take what they learned inside the classroom and then had to apply it to the business community. They compete against each other just like real businesses. According to junior **Samantha Puffenbarger**, it was difficult to sell ads but fun at the same time.

"It is kind of hard to sell ads," said Puffenbarger. "But it is really exciting when you do get someone to buy."

"It is pretty cool that we get to leave school," said junior **Tim Ballard**. "It is fun to go learn things outside of the building."

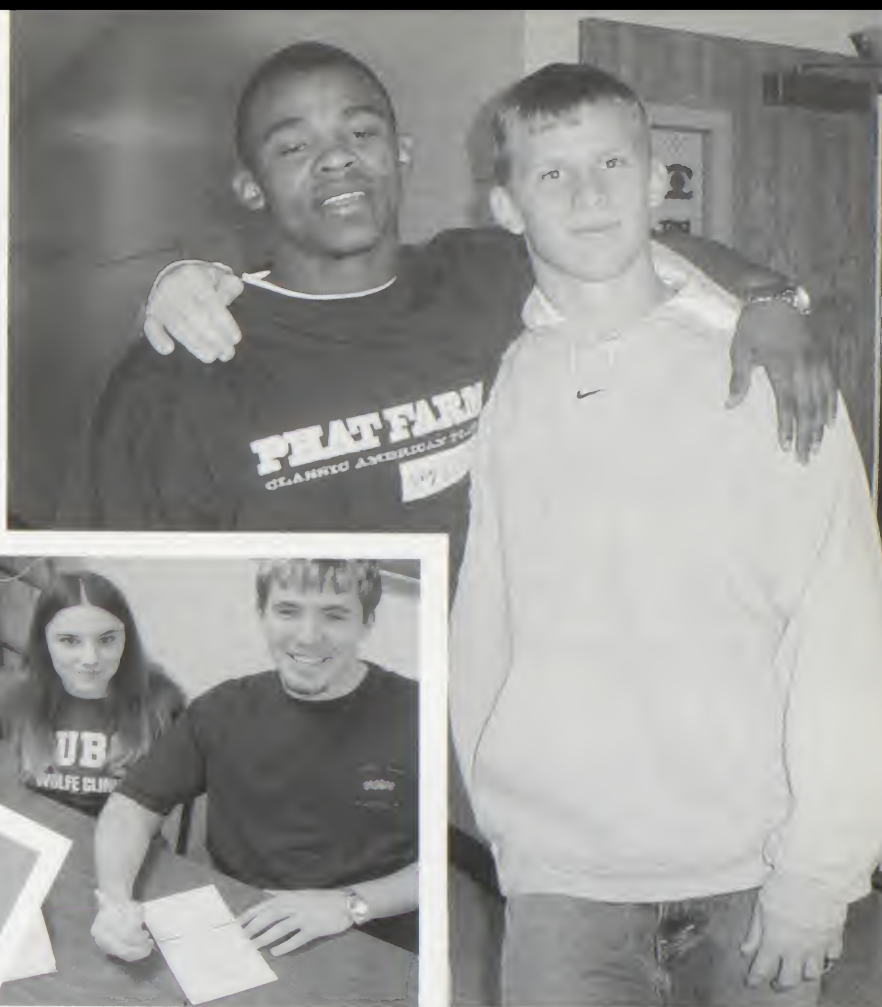
Each student raised more than \$2,000 in sales. The class was a great motivator for people heading into the business world. It also helped them think about what kind of business they actually want to go into after high school.

"This class is competitive, especially with money, everyone wants to sell the most," said senior **Jenelle Key**.

Marketing sales teacher **Nancy Hansen** has worked at East since 1978 and will be retiring this spring. Over the last 24 years she has raised at least \$300,000 for the Quill and East High School.

"I absolutely love teaching this class," said Hansen. "This is my last year but I am really going to miss it."

Showing the marketing sales book and a finalizing paper (at lower right) are juniors **Samantha Puffenbarger** and business partner **Tim Ballard**. They were one of the eight teams in the class. At upper right, seniors **Markee Glenn** and **Garrett Hagins** worked in tandem in the class. At center, juniors **Raquel Bradford** and **Sandra Sauz** look for a committed business to sell an ad to. Students left every day during the class period to negotiate deals with potential clients. As a class, the teams raised \$14,000 in profit for this year's yearbook.



at right, marketing sales teacher **Nancy Hansen** shows senior **Jenelle**

Key how to correctly approach a business owner. Students learn the techniques shown in class and apply them in the outside business world. Above right, junior **Adam Kalwishky**, who was the top seller of his class, smiles proudly. His business partners were junior **Nate Roth** and senior **Gabe Eaton**. They sold about \$3,500 worth of ads.

UNTRIP



The New York skyline is a place where thousands have come to marvel at what mankind can achieve. After 9/11 this view will never be the same, but will always hold a memory for all.



This is the Washington Monument, memorializing the first president's achievements and unselfish devotion to principle and to country.



The National Cathedral is as old as Washington itself. It was intended for public prayer, thanksgiving, funeral orations and more. It was built in 1791 and is now to this day under construction, constantly being remodeled.

Created by a dinosaur, senior Chelsea Pickett, at near right, was one of the people to go on the UN trip. Students visited many places such as this dinosaur exhibit. At far right, the girls on the trip are excited to finally be at the famous FAO Schwarz toy store. Center, a picture of the ceiling from the Capitol.



On a 27-hour bus ride, right, seniors Brad Shanahan, Jared Graeve, Michelle Emery, Molly Fredericksen, and Ross Loving get a little restless. At far right, the excitement of New York's Broadway is on display.





M onumental M arch

Story and design by:
Jesse Antelman

Photojournalists: Chelsea Pickett

It's cold. It's wet. It's five in the morning, and for seven brave students, it's spring break.

The annual United Nations trip of Des Moines may have started out dismal, but the promise of visiting both Washington D.C. and New York City during Spring Break last year left the future bright.

After a 700 mile, 27-hour commute to D.C. and a few hours of much-needed sleep, students from East and Southeast Polk visited the Naval Academy in Annapolis for a church service and tour. During a period of four days in D.C., they toured the White House, Capital Building, Smithsonian and many other monuments full of fun and education. Also, for the first time, the group was able to get tickets to the Washington Holocaust Museum.

"Washington D.C. was a good place to see all the political buildings and sites you would normally see in pictures," said senior **Michelle Emery**.

As the group got up early on their fifth day, the skies cleared the large buildings of New York City stood tall in the horizon. All but two buildings, that is. A memorable spectacle for some was visiting the site of the World Trade Centers during the cleaning process. In previous years, a tour of the towers was included in the trip. Exchange student **Martin Pucek** was one of the students to visit the site.

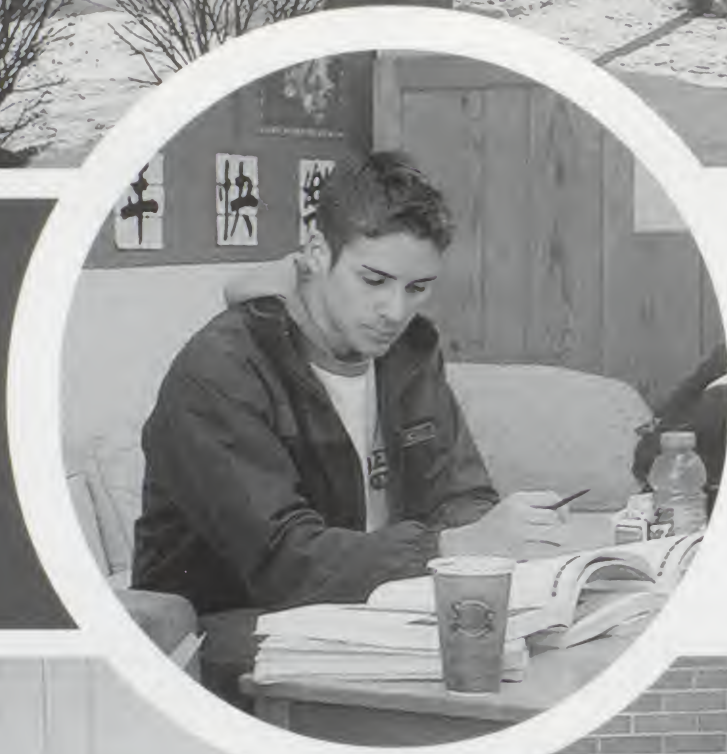
"We got to go in at a certain time and stand on a platform overlooking the construction site," said Pucek. "I saw less than I thought I would see: a pile of dirt, it had all been destroyed."

Although the annual trip costs around \$900, many events are included in the price such as current Broadway plays like "Phantom of the Opera" and "Beauty and the Beast". To some, though, the most rewarding part of the city were the nights spent at a posh New York hotel.

"I think all of us fell asleep during 'Phantom of the Opera,'" said senior **Molly Frederickson**. "At the end of the week, everyone was really tired. Needless to say, the ride home was extremely quiet."

The UN trip is offered each year to all juniors. Although the trip tends to be quite costly, most students will agree that it is money and a spring break well spent. Rain or shine.





juniors **Chris Kayser** and **Michael Her** (above) hang out and give a peace sign to the camera. At left, junior **Chris Ratliff** works on some homework. The picture of Central from the other side of the street (at top) shows how big the school is.

the Central parking lot is a few blocks away from the school but it's always full. With the lot so far away, the students have to walk through any and all weather conditions. Below, some students walk down the hall to their next class, socializing about the latest new thing that has happened. During a break, juniors **Ben Murray**, **Eddie VanDeo**, and senior **Somkith Phonesavath** sit at a table and relax.





Exploring new possibilities

Story & Design by:
Jesse Antelman

Photojournalists: Oudaphone Tran

Walking down the hallway at Central Campus junior, **Ben Murray** often thought about what the building consisted of and what it really was.

"Central Campus is a big building and contains a lot of students," said Murray. "But it's a little mysterious, what this school is really for."

Just like Murray, most students who don't go to Central are in the dark. The Campus and Academy are actually two separate parts. The Campus is the part of the school where students go to take classes their home school doesn't offer, like Chinese or German.

"I took Japanese and it was definitely a challenging class," said Murray. "I think I really learned from it, though."

The Academy is for students who need advanced placement courses. These are AP classes like Government, Biology and American History.

"I think that the classes are more challenging and help prepare for college," said sophomore **Jordan Lee**.

In addition, there are technical course offerings for career and technical job training. These courses range from Aquaculture/Environmental Science to Welding Technology.

"Next year I am going to take aviation technology and I am really looking forward to it," said sophomore **Kevin Bradford**.

In order for some students to get from their home school to Central, they must take the bus.

"The bus is very easy to take and you don't have to worry about the parking situation," said junior **Michael McCourt**.

Central's parking lot is far away from the building, so walking to the doors is a daunting task for some.

"I think that walking from the lot to the building is tiring, and I couldn't imagine doing it every day," said junior **Barbie Morris**.

Middle school students also go to Central for further education.

"I remember going to Central in eighth grade and what a great opportunity it had on preparing me for my first years of high school," said McCourt.

academics

Take advantage

Story & Design by:
Amber Zenor

A sophomore **Amanda Christie** walks down the white halls of the south wing, she knows exactly what everyone is thinking: either, “Ahhh! I have English next!” or, “Great! English! I love this class!” The latter is usually correct.

“I like reading as a whole, but I don’t like it that sophomores don’t get the choice of a more difficult class to choose from,” said Christie.

Next year, though, she will get a choice between taking Advanced English or English 11.

“I’m definitely choosing Advanced English. I don’t like being treated like a little kid in class; I want to be challenged,” Christie said.

Advanced English is offered to the junior class, and although it is not recognized as a weighted course, it is a prep for college.

Some students, unlike Christie, absolutely cannot stand English, and they needed a little help with it. That’s where the Intensive Labs came in.

Intensive Labs were offered to students who had either signed themselves up, or had been recommended by their English teachers, each student got the needed.

“In my labs I try to give the teacher **Julie Hagen**. “We with organization and time major things that can get in the first place.”

The students who like to choose to take Creative Writing one of the few that can stand to take two hours of English a day.

“I think Creative Writing is great. It’s helped me to express myself better and I write better stuff in my other classes,” said junior **Ryan Neff**.

Creative Writing, taught by **Judy Rush**, explores all aspects of writing. Students do exercises to help express themselves to make their writing more in-depth.

Last year, something unique occurred in the department that hadn’t happened for a long time. The teachers received new materials, which included the handy Writer’s Inc. books. The sophomore teachers received tools to help students with careers and their futures.

“The whole career unit is great. It goes right along with the 2+2 program,” said teacher **Nancy Holmes**. “I also like having the new materials a lot better; this year we’re used to them and we know what helps the students and what doesn’t.”

English is a big part of the curriculum, with ten different classes to choose from. A student can’t even graduate without all four years of English.

“There were so many great opportunities in the English area. Hopefully most students took advantage of them. I don’t understand how somebody could go their whole life without knowing anything about English,” said Rush.

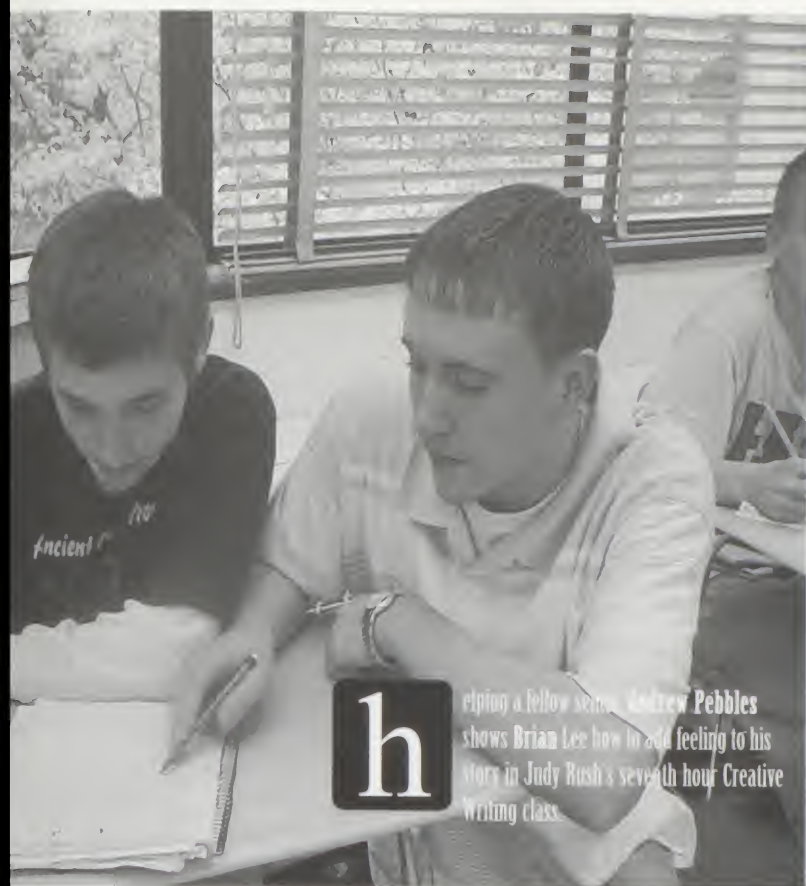
There are so many great opportunities in the English area, hopefully students take advantage of them.

teacher **Judy Rush**

teacher for more help. In the by almost all of the English special attention that he or she

students a quiet work area,” said work on English, but I try to help management. I think those are two way of doing school work in the

express themselves in writing could as an elective, but that’s if they are



h

elping a fellow student, Andrew Pebbles shows Brian Lee how to add feeling to his story in Judy Rush's seventh hour Creative Writing class.



g

etting help with her English homework, ninth grader Nicole Townsley takes advice from teacher Julia Hagen in one of the new Intensive Labs.



v

oicing his opinion, sophomore Brandon Ramirez gets a little feisty in debate class, taught by Ray Fitzpatrick, a long-term substitute for Patricia Wickersham.

E everybody's Watching



Do your palms get sweaty and knees get weak at the very thought of standing in front of a room full of people? Well, then the students who took Speech class should be heroes.

The Webster's New World Dictionary calls the fear of public speaking "glossophobia". But why are so many people afraid?

"Phobias are an excessive or unreasonable fear of something caused by a stimulus, which may result in anxiety attacks," according to psyweb.com.

"I cannot stand getting up in front of people. I feel like everyone is going to think bad about me or make fun of me," said junior Yurida Carrasco.

Sadly, this problem has caused grades to be lowered in the speech and debate classes, according to teacher Patricia Wickersham's long-term sub, Ray Fitzpatrick.

"I've found that some students have written really good speeches and they seem very confident, but sometimes they'll get to the podium and get lost, or try to cut their speeches short," said Fitzpatrick. "I don't think they actually realize that they have to stand up in front of a whole group of people, with all eyes on them."

There aren't too many things that can be done to get over phobias, not just public speaking, but of all kinds.

"I suppose you could picture everyone in their underwear, but most people would probably start laughing... that would be pretty funny," said Neff.



2



3



1

Why did you join.....



I joined Theatre Arts because I really liked being in regular drama. Not only do I have so much fun in that class, the chicks dig it, too.

Sophomore Skyler Grinnel

I wanted to join drama because I heard that Ms. Gaines is a really good teacher, and I really wanted to have the acting experience in case I decide doing something like this in the future.

Junior John Gay



I originally was put in the mimes group for class and I really liked it. Then when Ms. Gaines asked me to be a mime mentor, I couldn't refuse because it's so much fun.

Senior Amanda Byrnett

ABOVE, left to right:

1 **P**racticing for their upcoming play, senior **David McFarland** and a partner rehearse their parts in the play on stage. The play they were involved in was called "Addict."

2 **F**ighting on stage, senior **Paul Durham** and freshman **Alyssa Heggen** show the class the skit they came up with. The group received an A for their work.

3 **S**tanding in the hallway, sophomore **Gricelda Ramirez** and freshman **Laura Bustamante** look over their script. The two girls acted out one scene of the play "Outsiders" in front of the class.



Lights, camera ...action

Story & Design by:
Tina Nickerson

Photojournalist: Tina Nickerson

I really want to try to make it to one of the big cities some day. I know that being in all the drama classes I've taken over the years will help.

...Junior Sam Winebrenner

Do you ever wonder what you'll be doing after high school? Do you know what your strongest qualities in school are? Well, the majority of the students taking a drama class have pretty good answers to those questions.

"I take Theatre Arts because I've always been interested in acting and being in this class helps me prepare for what the real world of acting is like," said junior **Jessie Pridemore**.

Many types of classes are offered to students interested in a career of being on stage. One class, Drama I, covers the basics of acting.

"I took drama not knowing anything about acting, I wasn't sure if I would be interested in doing something like this in the future. It showed me I really liked doing it," said sophomore **Luke Ericson**.

Drama is offered for an additional three years. These classes (2-4) study drama together. This class also offers a mime group and a role in two plays over the year. This year, the class put on a play called "Dolls," a play was about teens facing pregnancy and the different outcomes of each person.

"When I was a freshman, I really liked being in Drama I so I went on to Drama II. Now I am in Drama IV. In this class we get to do an actual play with an audience," said senior **Emily Brandt**. "I even learned how to be a mime."

Another more advanced class is Theatre Arts. This class requires one year of regular drama and recommendation by drama teacher **Ruth Anne Gaines**. The students in this class are expected to be polished in the ways of acting. Their project was a similar play to "Dolls," called "Addict." It was story about teens hooked on drugs and their experiences.

"Usually all the students wanting to come into Theatre Arts are my best actors and I know their abilities, so I don't normally cut anyone," said Gaines.

"This year's fall play was so much fun to be in. It wasn't like the play we did last year, which wasn't as hard as this one. I was really challenged and I liked it," senior **Mike Patrick**.

Another group broken off of the original class of mimes is a small group of students called "mime mentors." They go once a week to Edmunds Academy of Fine Arts to teach a small group of kids how to be mimes.

"I really like going to Edmunds because being around kids who think you're the coolest person ever is so fun," said senior **Adam Ezzio**.

Students find that drama classes help them in making decisions about the future.

taking a few minutes to rehearse a short scene from "The Trial of the Big Bad Wolf," junior Kandi Latcham, sophomore Roxana Ferreyro, and freshman Miranda Atchison, finalize the finishing touches to the scene.

academics

Arguing the issues

Story & Design by:
Amber Zenor

On any given day a student can walk through the halls and hear two people arguing their point about something, whether it's over whose shoes are better, or who *should've* won the game last night; it's inevitable.

These students may not realize it, but by taking debate class they could argue their points more clearly, and even blow some of their friends out of the water, the ones with the ugly shoes, of course.

"Sometimes I'll be walking through the halls and hear two people fighting about something and I just want to tell them to shut up and get some actual experience under their belts so they know exactly what they're talking about," said junior **Jeremy Dunkin**.

In debate, students learned about how to vocalize their feelings about subjects that they felt strongly about, instead of arguing their issues blindly. On a regular basis, teacher **Jennifer Wickersham** takes her students to the library to do research on their topics.

"A lot of students are getting into current issues, like talking on cell-phones while driving, or even the war with Iraq, so when we go to the library, everyone shoots over to shelves with magazines and newspapers," said Wickersham.

There were over thirty students that participated in the debate classes, but only four actually went to the competitions held in February and March, not to mention the East High Classic, one of the major events of the year. Even though there was low competitive participation, Wickersham said the team still had a lot of heart.

"We don't have as many people as we did last year, but the team did great. I'm proud of them," Wickersham said.

During normal years the students would compete with a partner, but this year, because of the low number of participants, they got to do their own work. According to Wickersham, this was better because the students got more of a grasp on things.

"I liked not having a partner this year because I got to do my own thing, plus I'd rather work by myself anyways," said Dunkin.

At the competitions, the only adults involved are the judges. They judge almost 200 students on how well their debates are delivered and how well they seem to know the material they are discussing. The most popular debate this year was congressional, where the students ran their own section of "congress". They debated laws that they felt should be passed and decided on bills.

"I like doing the congressionals because they're more interesting and relate to present topics," said junior **Josh Young**.

In mid-January, the groups began preparing for districts. The students also got a chance to practice dramatic interpretations and original oratories.

"It was fun doing the interpretations and oratories. I think they were not only fun, but a way for us to put what we see into our own sense," said Young.

For these kids, getting to argue issues that they felt strongly about in an informed way was exciting, but others will just stick to arguing pointlessly in the hallway.



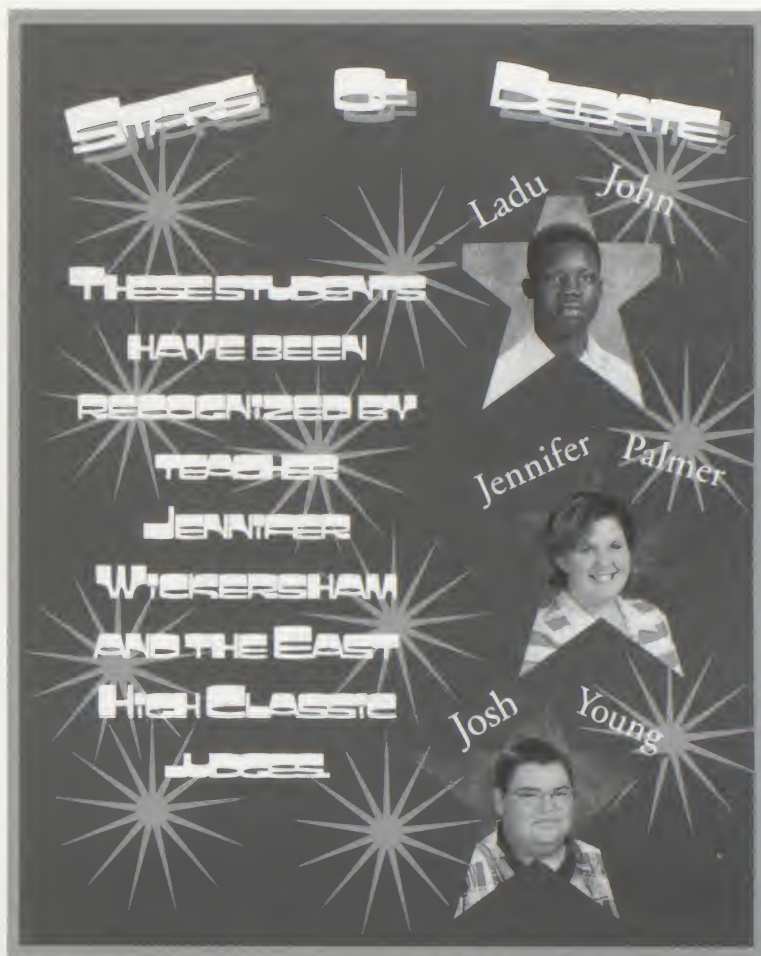
This is a great class if students are willing to learn and participate, and we could definitely take some more kids.

...Jennifer Wickersham

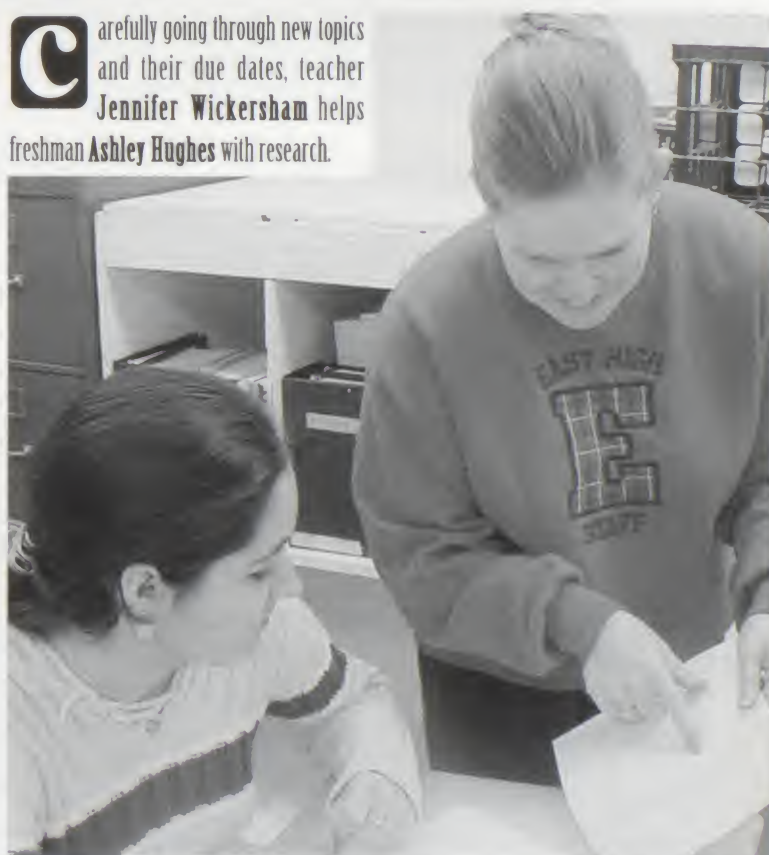




ready to slam down the gavel, sophomore **Yvonne Reed** acts as presiding officer while junior **Jennifer Palmer** debates President Bush's State of the Union address, given in January.



in the hot seat, or podium, rather, sophomore **Alexandrea Giddings** conducts a speech about art supplies, while fellow sophomore **Letzabeth Romero** sits in anticipation taking notes to use to argue her side of the story.



Carefully going through new topics and their due dates, teacher **Jennifer Wickersham** helps freshman **Ashley Hughes** with research.

academics

History at its best

Story & Design by:

Brooke Brumley

overnment...economics...the Constitution...voting. When a student poll was taken on what they thought of these words, 75% enjoyed hearing them.

"I enjoy government class," said senior **Ao Vang**. "I took this class to learn more about laws, the presidency and the laws of authority."

In both advanced and regular government classes, the students learned the theories to the Constitution, voting and much more, according to teacher **Stan Thompson**, who has been teaching the government classes for over 15 years.

"The two classes actually learn almost the same material," said Thompson. "Advanced just went into more depth in class discussions and essay writing."

This year was a little different than most years. Since the governor's race took place this year, the students were able to get involved, while two of the candidates visited the government class.

"For extra credit, the students represented their party (Democratic or Republican) by volunteering to help the candidates in their party," said Thompson. "If the students did about 20 hours of volunteer work, I gave them a boost of about 10% in their grade, which is almost like the grade of a final."

The students involved volunteered every Tuesday night from 6-9 p.m., starting in mid-September and ending toward election time.

Unlike government, economics was more about what is needed in life to live. Students had two choices: economics and micro/macro economics.

"Micro/macro econ was more hands on," said teacher **Sami El Baroudi**. "We learned about selling stocks and how businesses sell things. Then, the students went to work, and tried it on their own."

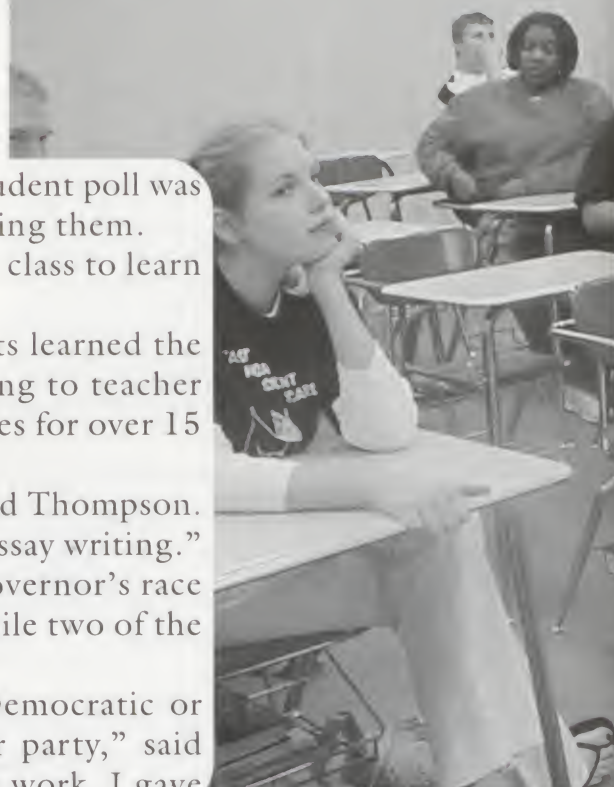
The classes sold a number of things and last year they were known for the Eastsider sweat gear. This year they sold Beanie hats, keychains, and held a rock concert at Toad Holler, which was also a success.

"I wanted to have a class where the students did most of the work," said junior **Stephanie Chia**. "We got involved in the student body, instead of just sitting in another class with tests and worksheets."

According to the counselors at East, government and economics are required classes students have to take in order to graduate.

"We don't want students to take this class only because they have to," said government teacher **Don Heese**. "But hopefully, they enjoyed learning about the political world when the class is done."

the government class enjoys a weekly lecture given to them by their teacher **Don Heese**. One of the fun things the class enjoys playing "The News Game," which is obtained from the Channel 13 News internet site.



for the micro/macro economics class, junior **Amber Heath** sells the ever so popular beanie hats at a home for sale game. The hats were sold for \$12 each and had two styles to choose from.



Campaign candidate Leonard Boswell speaks to the government students to try and convince them why he should be elected to the House. The government students received a pass out of their third hour to listen to his speech and ask him questions. He later won against candidate Stan Thompson.



Why did you decide to take this class?



"I wanted to learn more about why our government does what it does."
—Senior **Ao Vang**



"Actually, I took this class because I had to, but I learned a lot of things that I know will be useful for me in the future."
—Senior **Scott Flaberty**



"I wanted to get involved in my school and be able to interact with new faces."
—Junior **Stephanie Chia**

Studying for a quiz, junior **Michael Her** crams information about history into his head during his Chinese class at Central Campus.



Test Yourself



In what **YEAR** did Rome fall?

Answer: 476 B.C.



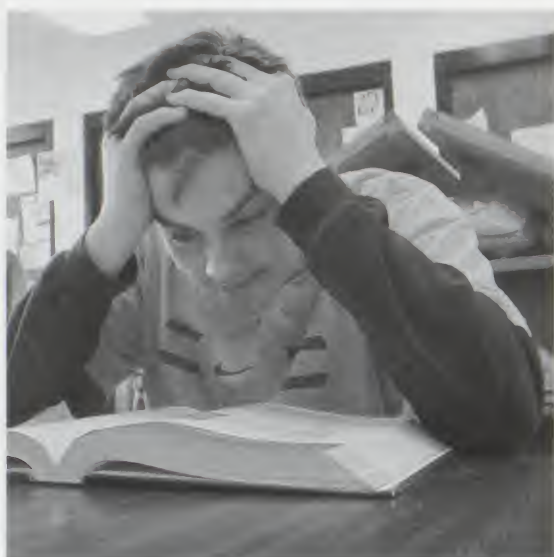
What **PRESIDENT** served in office for only a month?

Answer: William Henry Harrison

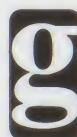


Who said "The British are coming?"

Answer: Paul Revere



trying to study, junior **Jesse Antelman** concentrates on trying to remember facts about history before a test. The class was learning about the Industrial Revolution and how it started.



etting lessons ready, history teacher **Don Murphy** awaits the arrival of his students in his empty classroom.



G oing back

in time

Story & Design by:
Oudaphone Tran



Whenever the word “history” comes up in conversations, not far behind are other words or phrases like “boring lectures,” “notes the whole hour,” or even sometimes “watch a movie.” These words are not always used alone, sometimes they come in combinations like “take notes then watch a short video then more notes,” or “lecture first ten minutes then watch a video then take notes the whole hour.”

“Most of the time, I just have them take notes and give them a worksheet to work on at the end of the hour,” said history teacher **Don Heese**.

In spite of that daily routine, some students find that history class is often interesting and fun. Others think it’s a waste of their time and is useless without knowing that some of the facts may be useful later on in life. Whether they end up on game shows or not, students should know the information learned in history class could come in handy.

“I think the stuff we learn in history class is interesting and that it will be useful for me later on,” said junior **Ben Van Syoc**.

The teachers spend a lot of time planning every day activities. They also make sure that everything is precise and done on time.

“The one thing that makes learning history fun and interesting is the teachers,” said junior **Jesse Antelman**.

“I usually take my time planning the

daily activities that I do with my classes,” said history teacher **Don Murphy**.

History is one subject that is required in order to graduate high school and go on to college. This subject includes taking World History in 10th grade and American History in 11th.

“I’m planning on going to college and getting my diploma,” said junior **Matt Sowden**. “I’m getting good grades and planning to keep it that way.”

Many students plan on going on to college and landing a good job. History may be the toughest subject to pass.

History will be
kind to me for I
intend to write it.

...Sir Winston Churchill

Some of things that probably make this subject hard could be that they are not paying attention, falling asleep, or just not interested with the activities in class.

“I can’t help it if the student decides to take a little nap in my class,” said Heese.

“All I could do is just tell them to lift their heads up and not to do it again.”

Some students just barely get by without getting caught in the act. Students just can’t help but to doze off for a few minutes, then regain consciousness to find out what is going on around them in class.

“I don’t know how many students I catch sleeping through one of my little videos that I show to them,” said **Murphy**.

Playing with your thoughts

Story & Design by:
Barbie Morris

What is the gland in the brain that controls speech? If a person is a 180-pound boy, how much does his brain weigh? What exactly is Social Darwinism? These questions, plus more, can be answered in teacher **Fred Vanderley's** Sociology or Psychology classes.

Sociology, the study of the way people act in groups, is taken first semester. According to Vanderley, this class can help students react better in group situations.

"Some of the students will not be continuing their education any further," said Vanderley. "It's a good class to take so they will know more about relationships and family."

Psychology, taken second semester, is the study of the way the individual brain functions. Senior **Adam Bolander** said he likes taking the class because of the group activities the class gets to do together.

"We get to do fun experiments that would otherwise be kind of hard to understand," said Bolander. "I know it helps me understand better."

Even though a few of the students won't be going on to college, some of them take Sociology or Psychology because they want to major in them.

"I want to be a child psychologist when I get older," said junior **Brinden Kelly**. "Psychology has been a very helpful start before I go to college and take the harder classes."

Although some students have decided to take the classes for future use, a few have decided that maybe sociology or psychology might be a good choice for their future careers.

"Both classes have provided insights into a different field that I never really thought about going into before," said junior **Samantha Puffenbarger**. "It's an easy course to pass and I've thought twice about maybe doing something like it for a career."





having a small group discussion, these juniors and seniors talk about the difference between sociology and psychology. Teacher **Fred Vanderley** says that small group work like this is one way the students learn to relate to the topics presented in class.

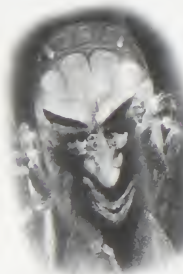
Check These Out!



Do you see the young girl...or the old woman?



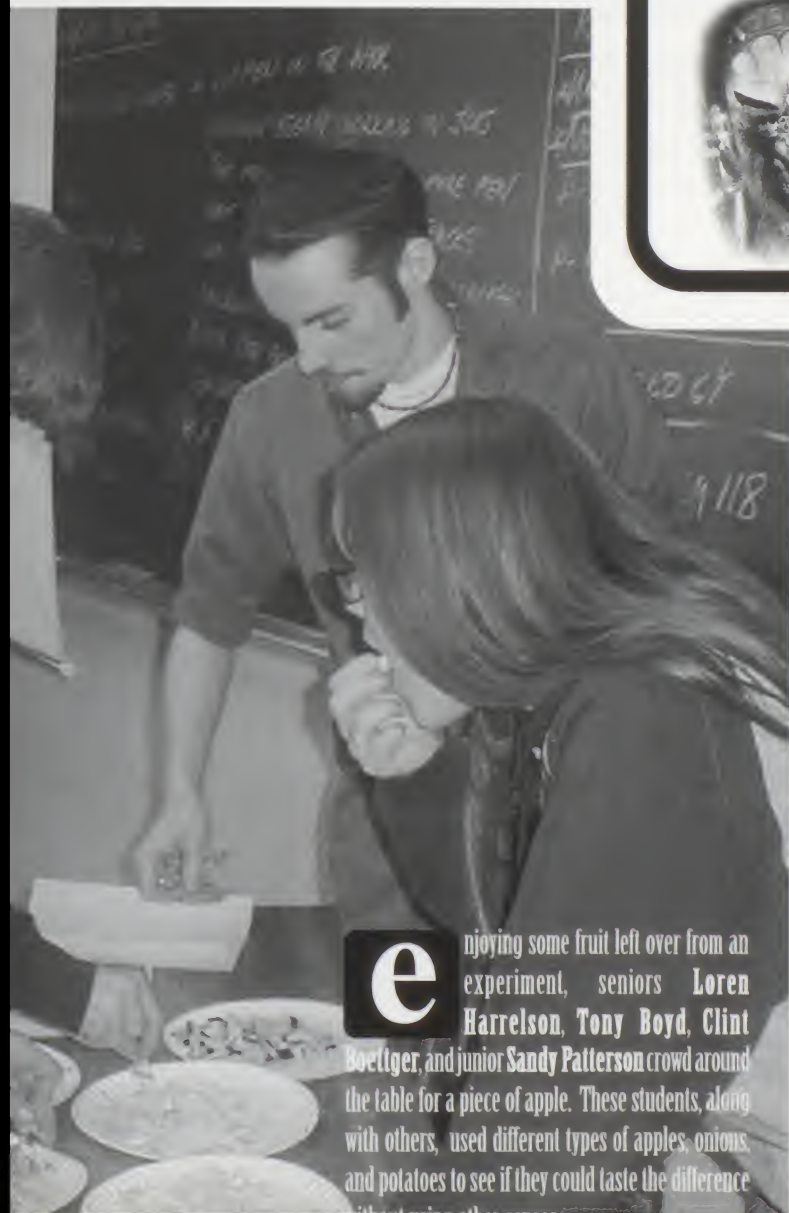
At first glance, it's a picture of a skull. Look closer...now what do you see?



Is this a picture of a spooky ghost face or a group of ladies gossiping? You be the judge.



Is this a picture of a duck looking left or a rabbit looking right?



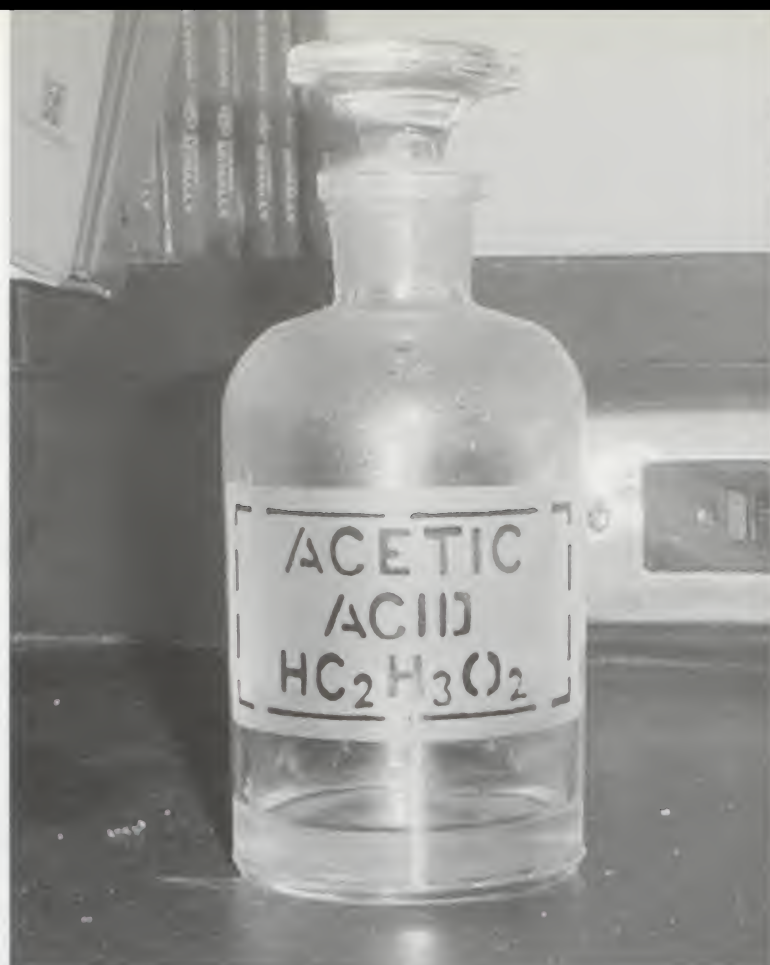
enjoying some fruit left over from an experiment, seniors **Loren Harrelson, Tony Boyd, Clint Boettger**, and junior **Sandy Patterson** crowd around the table for a piece of apple. These students, along with others, used different types of apples, onions, and potatoes to see if they could taste the difference without using other senses.



“eww...smells like mold,” says sophomore **Thuy Huynh** as she smells a mystery substance through a yogurt cup. These students used this experiment to see if they could determine the content of the cup using only their sense of smell.

C

oncentrating on her work, senior Amy Kern listens to the day's chemistry lecture (below). A hundred bucks says you won't find this chemical underneath your kitchen sink. Acetic acid is one of the many chemicals used for experiments in chemistry (at right).



Test your Chemistry & Physics IQ

1. What is the atomic number of mercury?

2. Who developed the Law of Conservation of Mass?

3. What is the formula for finding distance?

How fast is the speed of light?

ANSWERS: 1. 80 2. LAVOISIER 3. $d = (v \cdot t)^2$ 4. 3.00×10^8 M/S

L

isten up! No mid day snoozing goes on in this class as chemistry teacher Maureen Griffin explains to her students the difference between protons, neutrons, and electrons.



Making a solution

Story & Design by:
Barbie Morris

“Sciences are good to have before you go to college.”

Junior Katie Ring

What is the mass of helium? How much does a proton weigh? What are Newton's Laws of Motion? If any of these questions were answered correctly, then chemistry or physics is in your blood.

Chemistry is one of the school's lab sciences. Many students only take chemistry because they need two lab sciences to get into most colleges.

“When I go to college, I don't think I'm going to study anything that has to do with science or math,” said junior **Christy Lem**. “I'm really only taking them because they look good to colleges.”

Although some students only take chemistry to get their lab sciences out of the way, many students take chemistry, physics, or both because they want to enter a medical or science field.

“I want to be a doctor,” said junior **Kristen Bernhardt**. “I know medical students need a lot of science training, including chemistry, to even be considered for medical school.”

Both chemistry and Physics A are weighted classes, which means they are based on a five-point grade scale. This grading system helps many students who might not understand the work as well as others. Physics B, however is not weighted because that class is less challenging.

“The weighted system helps me out a lot,” said junior **Amanda McConnell**. “For students who get average grades, it helps them get a boost on their GPA.”

According to chemistry teacher **Annette Ryun**, science is important for everyday life.

“I understand most of my students are taking chemistry just to look good, but science is essential to get through life,” said Ryun. “Chemistry is important because it's the first class that will make a student really think, and colleges like to see chemistry as one of your classes.”

Even though chemistry and physics are tough classes, most students stay and are glad they did.

“Sciences are good to have before you go to college,” said junior **Katie Ring**. “I like science a lot and I'm glad I took them.”



Expanding their minds

Story & Design by:
Carrie Chapman

Sophomore **Ashlee Petersen** woke up daily and couldn't wait to get to biology class. She never knew what they would do in class that day. There were so many new things to learn and so many activities to do.

"I love biology class," said Petersen. "There's always something fun to do. It never gets boring."

Next year, Petersen, along with other students, who have already taken chemistry and passed it, will have the option to choose whether they want to take the new biotech course. The class will count as a college credit.

"I might be interested in taking that class because they probably teach you things that you don't get to learn in all of the other science classes," said sophomore **Cassi Bainter**. "It is also cool that it counts towards college."

Once a month, Professor **Musau Wakabongo** from the Des Moines University visited biology teacher **Kacia Cain's** classes. The students did many different experiments such as dissecting a human brain, doing a bypass on a heart, and dissecting a large fetal pig to learn the anatomy.

"Dr. Wakabongo came every month with a medical case for the students and taught them or helped them as they did it," said Cain.

Every hour of the school day there was a science-intensified lab available for students who are not doing so well in their science classes and allowed them to take make-ups and do some activities. Students who participated in these labs also got to experiment with other things that students in regular classes might not have done.

"I like biology because you get to see things that you never knew existed," said senior **Emily Taylor**. "It was just a really interesting class."

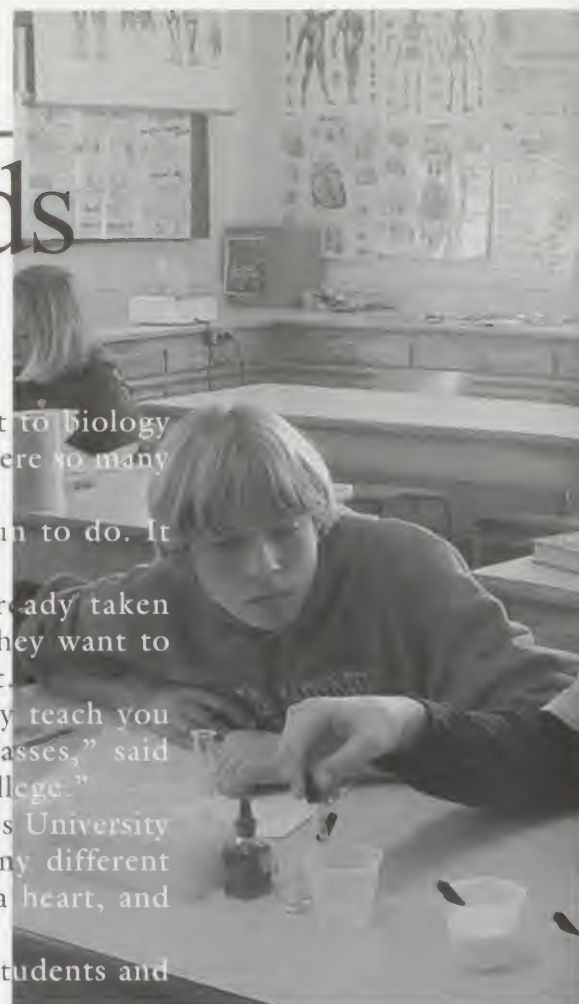
This year biology students received new textbooks. The books were made in 2002 and were up to date on material such as DNA and genetics. The teachers were happy about having the books because they are at a college level, which gave them plenty of new material to teach.

"The books are great because they're brand new and they allow us to incorporate English into biology," said biology teacher **Annette Ryun**.

According to Ryun, students should've felt very lucky to be having such advanced trained biology teachers. Ryun has a partnership with Mercy hospital to grow and study bacteria and supply her with blood typing sera. She is also a certified medical technologist, which allows her to type student's blood. To be a medical technologist she had to take four years of college and one year of lab training.

Cain and biology teacher **Keri Frommelt** have also had advanced training.

"I think we should've felt very lucky that our teachers are so qualified because they taught us more exciting and interesting material," said sophomore **Brooke Fisher**.



here, some biology boys try to teach themselves about a lab they're supposed to be doing. In this lab, students used potatoes and carrots to learn about osmosis.

in biology class, teacher **Kacia Cain** helps sophomore **Jeff Tedder** and freshman **Matthew Norton** with their milk lab.

Did you know...?



The ebola virus(world's most deadly virus) looks like a candy cane.

The killer whale is the largest dolphin.

Pop is an acidic and fizz is a carbon dioxide gas.

A squirrel's body temperature during winter can drop to as low as 26.4°F (a human would be frozen solid).

One cell of a giraffe could be 2 meters long.



as lab partners, sophomore **Danya Valiyeva-Hackett** shows junior **Andrew Webber** (above) how to do an experiment on milk. The milk lab was to help students study and experiment with lipids and fats.

goofing around for an unforgettable picture junior Jonathan
Gonzales took at Simba, the ferocious lion from Disney's
"The Lion King." This was just another fun experience on the
trip to the Omaha Zoo. Many other students also posed for the picture.



the zoology group (below) took their annual
trip to the Omaha Zoo in December. At lower
left, junior Chelsea Petersen rinses off some
equipment used in a lab.



Some things you never thought of...

The African Grey Parrot is believed to
have the intelligence of a 3 to 4-year-
old child.

Yellow Slime
Blobs of fungi is
actually one huge
single cell and
moves 1mm per
hour.

Ant mounds can be up
to 3 feet underground and can
have 2000 chambers in each
colony.

The Clark's Nutcracker
Crow has the world's keenest
animal memory.



Discovering the environment

*Story & Design by:
Carrie Chapman*

At the end of 3rd hour bell rings and senior **Amanda Botts** is off to Botany. She walks into the classroom, sets her backpack on her desk, and checks on her houseplant. She knows that she is not very good with plants, but that is why she decided to take the class.

"I had a tendency to kill plants sometimes but I did have a lot of fun in botany," said Botts. "My mother thinks I'm crazy because I'm so interested in plants now."

Botts is one of the many students that take Botany or Zoology to learn more important things about plants and animals than they would have learned just taking normal science classes.

"After I took it I really started to notice plants that I would have usually overlooked," said junior **Joesey Jackson**. "The class was very fun and interesting."

"I have pets at home and that is what got me interested in taking Zoology," said senior **Chandy Souvatrat**. "I learned all about the animal kingdom and certain families of animals."

The Botany class went on their yearly trip to the Botanical Center in the spring to observe and take notes on plants and flowers. Meanwhile, the Zoology class went to the Omaha Zoo in December.


"It was nice going to the Omaha zoo in December because there weren't a lot of people there and we didn't have to wait to see the animals," said junior **Keenyn Orr**. "Most of the animals were gone for the winter but we still had a lot of fun."

Teacher **Keri Frommelt** made a big change this year. She had each of her students choose one animal or one houseplant to observe and care for through the semester. There were snakes, hamsters, fish, and even geckos that lived in Frommelt's classroom. All the students had to do was keep the animal alive and healthy.

"I added this assignment because I thought it would be a great learning experience to watch how an animal grows and changes throughout a period of time," said Frommelt. "The students also did a leaf or bug collection to research certain families and classes."

They researched their houseplant or animal to learn about what they had chosen. The Botany class learned how to take good care of their plants by using fertilizer. In addition, the class takes care of the courtyard and plants right outside of East.

"Mrs. Frommelt made the class really cool and interesting," said Souvatrat. "That's probably why I took both Botany and Zoology."



a usual part of zoology class is to dissect rats so that the students learn about the animal's anatomy. Here, sophomore **Jolene Short** does a part of the lab while her partner assists.

One step to Tomorrow

Story & Design by:
Barbie Morris

It's Monday morning. The birds are chirping, cars are running, and the halls of East are over-crowded, as usual. Breaking his way through the crowd of people is freshman **Nick Higgins** fighting to get to his next hour interactive science class. Higgins is just one of the hundreds of freshmen enrolled in that required science class.

"The class teaches me new things, reviewing and building onto what I have already learned in middle school," said Higgins.

Interactive science, or general science, is a class that deals with a variety of topics, according to science teacher **Deborah Neustadt**.

"We cover things such as scientific measurement, thinking skills, and skills needed for other subjects like chemistry, biology, and physics," said Neustadt.

Just like any other science class, interactive science uses experiments to explain how things work.

"I liked the experiment with the egg and vinegar," said sophomore **Kayla Morris**. "It taught me how the measurement of an egg changes depending on what substance the egg is in."

According to junior **Lauren Reed**, taking this class helped her prepare for biology and chemistry.

"If everyone in my classes hadn't taken interactive science then it would have made biology and chemistry seem a lot longer," said Reed.

Since the class of 2004 is required to take at least two sciences, many juniors are glad they took such an "easy" course.

"I plan on going to college, so I need at least three sciences," said junior **Jessica Christie**. "Interactive science was probably one of the easier classes I've taken, and it helped out a lot!"

"I have learned so much in this class," said Higgins. "I think I will do pretty good in other science classes because of it."



What did you like about...
Interactive Science?



"It was helpful because it added everything I've learned in the past and put it together."
 ...sophomore
Justine Eaton



"It was an easy class that taught the basics so I could understand."
 ...freshman
Nick Higgins



"I liked the astronomy part of the class, because it kept me interested."
 ...sophomore
John Mongar

Shh...they're concentrating! Freshman Jenna Crum, along with the rest of Andy Howard's science class work toward complete their astronomy workbook.

Working hard on a test, these freshmen apply what they've learned and focus all of their energy on a unit test (al-
 lell). Don't work too hard!





do you know...

* *¿cuántos años tienes?*
How old are you?

* *¿cómo estás?*
How are you?

* *me llamo...*
My name is...

* *¿qué onda?*
What's going on?

easy conversation
starters...

your espanol?

in the bustling 'old town' Quebec the girls found many tourist shops, according to Heggen. Below the group stands on Mount Royale, which overlooks the city of Montreal. The girls climbed the mountain for about two hours just to attain the maximum view.

Standing tall at top left, is the Chateau de Frontenac where the group stayed during their visit to Quebec City. They also got an opportunity to visit the room where Leonardo Di' Caprio once stayed. Having fun while on a ship, alums Cheri Fenton and Valerie Boland, along with senior Amy Heggen relax while riding the Bateux Mouche, a boat which gives tours of Quebec City.



Learning cultures through language

Story & Design by:
Seth Conn

Photojournalists: Amanda Eimers & Amy Heggen.

any students found out this year that taking a foreign language meant learning the language, and also taking a closer look at the cultures as well.

"Taking French was a great experience because we were able to see and taste French culture on our trip to Quebec and Montreal," said alum **Cheri Fenton**.

Last spring, French teacher **Amanda Eimers** brought up the possibility of taking a trip if enough students were interested. Although only four students came forward, they still had a great time visiting the French City of Quebec, according to senior **Amy Heggen**.

"The trip was great! I definitely want to go back," said Heggen. "The cities are different from the United States, but they still have similarities, so it's not a big culture shock to visit them."

The group also visited Montreal for five days. Eimers describes Montreal as an American City with French style. They stayed along the St. Lawrence River in the old section of town, which had lots of shops for tourists. Other highlights of their trip were visiting the 1976 Olympic Stadium and a trip to an Expos game.

"The Olympic Stadium was really big! When we went to the game, I didn't even know it was a major league competition until Cheri told me!" said Heggen.

French students holidays of their activities such as common dessert meaning is Fat 'hurrah' before Easter

French students homework, but it does about the language

"There is a lot of the verbs to fit the sophomore **Thuy**

Junior **Nick Lange** onto how things taken up studying,

"After a couple of years in class, you don't have to study as much as your other classes," said Lange.

For students who don't want to take French, Spanish is another option as credit for a foreign language.

"I took Spanish because I thought I could benefit by learning a second language," said junior **Nicole Warner**.

Junior **Andrew Webber** said that Spanish is different than other classes in that students don't spend all their class time in workbook.

"There's a lot of interaction in class. Students try to hold conversations in Spanish with other students which makes for a fun time," said Webber.

There's a lot of interaction in class. Students try to hold conversations in Spanish which makes for a fun time.

...Junior **Andrew Webber**

also explored the foods and different nationality. Students took part in making puppets for Mardi Gras and a known as crepes. Mardi Gras' literal Tuesday and is known as the last comes.

said that there might not be that much take a while to learn certain things like the conjugation of verbs.

stuff to memorize, especially changing subject of the sentence," said **Huynh**.

said that after a while, it's easy to catch work, so not all of students' time is which for him is a benefit.

said that after a while, it's easy to catch work, so not all of students' time is which for him is a benefit.

Helping to Succeed

Story & Design by:
Amber Zenor



calculus, geometry, algebra, trigonometry... When most people hear the words they get an urge to go running to the woods, or some other far away place. Well, EHS students didn't have to worry this year because the math department offered more help than ever, and in many new and different ways.

New this year were, which were like study halls but were centered specifically on helping kids who were struggling or getting low grades in their math classes.

Those people who had to worry about SAT's and ACT's could find help, too.

By joining the math club, which was held Mondays and Wednesdays after school, students could get help for those big college tests.

"The club helped me in a lot of ways. It was explanatory and it helped with my ACTs, too," said junior **Catherine Swoboda**.

The intensified classes, taught by **Lora Evans**, are unique to the house program, where students have a set group of teachers. All the students have study hall first hour, which is Evans' planning period, so if they have math homework that they forgot to do the night before, they can just tell their study hall teacher and they'll be sent to Evans' classroom.

The classes are also very unique. The students work at their own pace, get longer time to complete their assignments, and if they get low scores on their tests, Evans will review the material.

"I get to talk one-on-one with students a lot more than if I were to be teaching a regular class," said Evans. "The students understand a lot more because I go over the material more thoroughly."

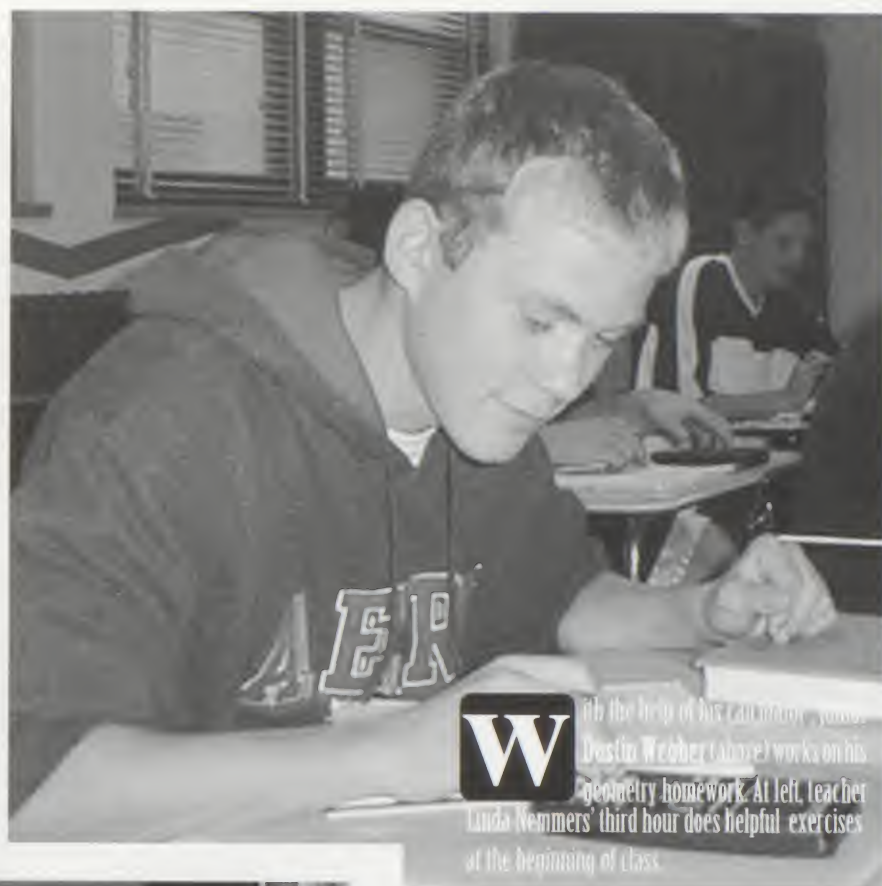
For participating in the intensified classes, students also get $\frac{1}{4}$ of a credit.

"I wouldn't know why on earth anybody wouldn't want to be in these classes; they get tons of help, they can work at their own pace, and they get credit. I think it's great," said Evans.

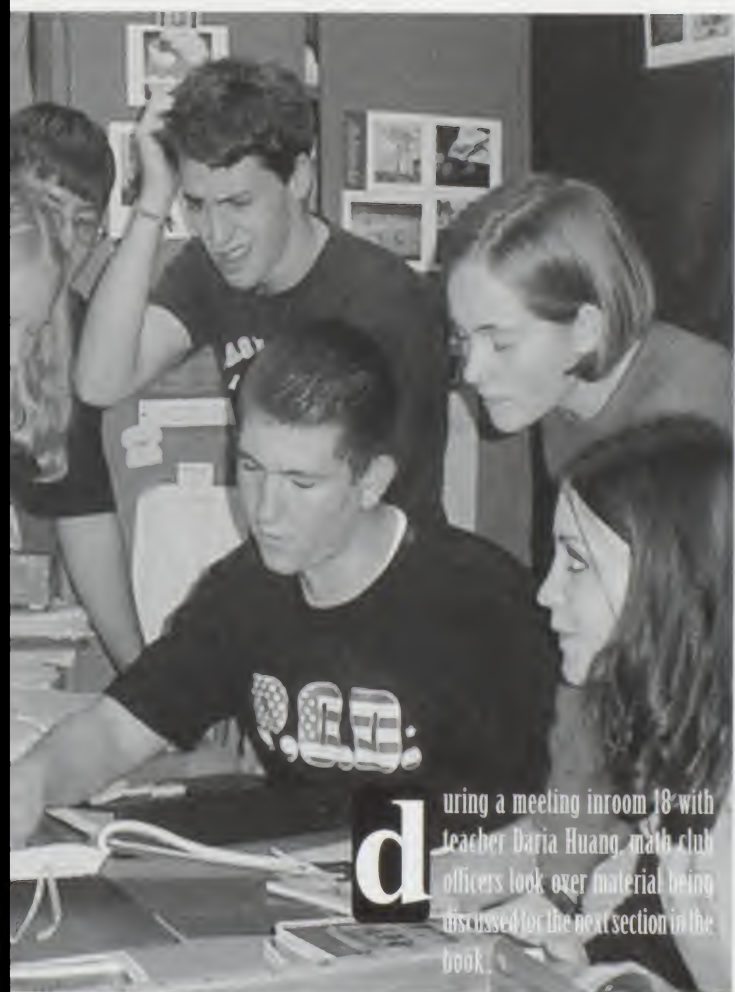
The average person has problems in math, but now finding help is easier. The math labs, the intensified classes, and the math club are permanent programs, and calculators are always used.

"The teachers have told me about the programs, which I think are great. I think the main thing is that if you want the help, just ask for it and it's there," said junior **Jesse Antleman**.





With the help of his calculator, junior Dustin Webber (above) works on his geometry homework. At left, teacher Linda Nemmers' third hour does helpful exercises at the beginning of class.



during a meeting in room 18 with teacher Daria Huang, math club officers look over material being discussed for the next section in the book.

[What Has Helped You?]



I love using calculators in class. They are such a big help!"
-Junior Jeni Bosley

The math club really is great. There's help for kids if they need it for SATs and ACTs."
-Junior Jeff Garrett



I think the main thing is that if you just ask for help, it's there."
-Junior Jesse Antelman





Story & Design by:
Staci Owens

a helping hand



Have you ever wondered who the students are that come into your class and give teachers notes? They are the office aides, approximately 85 students volunteering to help out each of the offices on the first floor.

There are four different offices that students help in: the main office, attendance office, counseling office, the vice principal's office, the library, and there are also teachers' aides. Each student helps the office of their choice, which takes the place of their study hall.

"It doesn't really bother me because they usually let us do our homework in between the notes that we handed out, so I don't mind that it takes place of my study hall," said junior counseling office aide **Rochelle Remus**.

The job in each of the offices is pretty similar to the next. In the main office, the students deliver messages to students from parents or the principal. In the vice principal's office, notes must be carried to students from each of the vice principals. They also file papers and help out with ISS. Students from the attendance office give comments concerning their attendance. In the counseling office, the aide gives out messages from their own personal counselor. Teachers' aides do things such as correcting assignments and putting grades in the computer.

"Working as an aide isn't hard at all," said sophomore **Holly Boussetot**. "I'm just glad we get a credit for working there, plus I get a lot of homework done."

The good thing about working in the office is the credit. Each student receives a quarter of a credit for his or her hard work and dedication.

"The students receive a credit because they have a responsibility under one of the staff members and they have a job and fulfill it," said head counselor **Linda Baker**.

Office aides help all staff members and students make their job just a little easier every day.



Shooting our Memories

Story & Design by:
Valerie Blackford

Flash! You're caught, by one of the many photo students who take your picture every day without you noticing.

"I like taking pictures around the school and down at the Capital," said junior **Mark Hermosillo**. "I enjoy going out and taking pictures anywhere I can."

This year the photography teacher was changed once again and Technology teacher **Marty Mohler** took on the class.

"I think this year the photo class is actually an advanced photo class," said senior **Stacy Knight**. "I think we have learned way more than I expected, compared to last year."

Besides using Single Lens Reflex cameras that students have learned how to use in the past, this year they are only using 35mm or digital cameras. They also learn dark room basics and how to do effects on pictures with different lenses and filters.

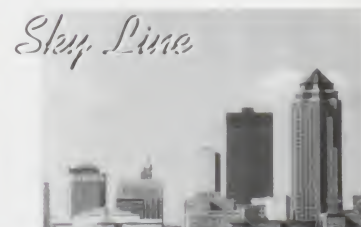
"Next year I want to continue using and teaching the basics of 35mm cameras, but I don't think that technology will stand still and wait," said Mohler. "Within the next ten years almost everyone will be using digital cameras and imaging."

To succeed in the class a student had to create a portfolio throughout the semester. The portfolio consisted of 18 pictures that centered around a theme and also 10 pictures of their choice. They then had to have them developed or develop the pictures themselves.

"My favorite pictures to shoot are people in class or portraits," said senior **Rachel Edwards**.

Did you know that the dull side of film is called the emulsion side and that it is the part that is sensitive to light?

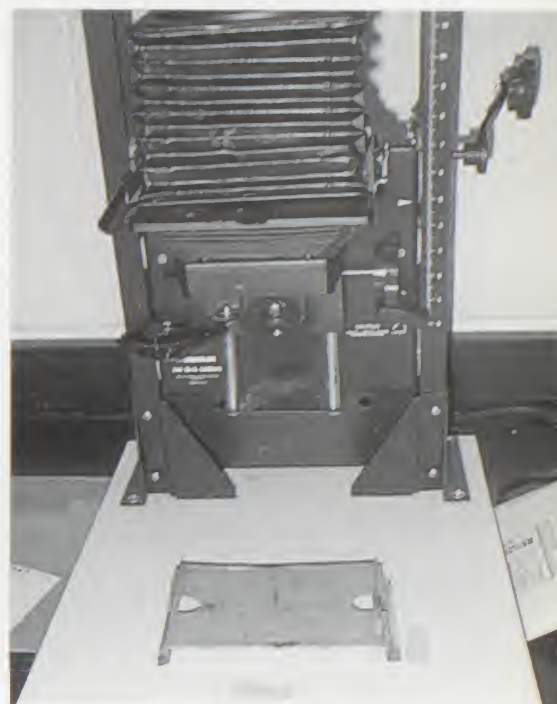
hanging up her pictures, at right, sophomore **Sharon Tonsi** makes sure they dry properly. Pouring developer into his film at upper right, senior **Montez Rankins** develops his pictures.



Adam Ezzio



Rolling up his film, senior **Adam Ezzio**, at left, gets ready to develop his pictures. Taking a look at a group of pictures, junior **Marcy Duntz** picks out the photos she wants to use in her portfolio. Putting together a portfolio was a major project in the semester curriculum.



The voice behind the camera

"I liked this class because of the freedom. We learned and had fun at the same time."
-Senior *Kellie Poland*.

"In my class, pretty good is not good enough."
-Photo teacher *Marty Mohler*

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Breakin' News with Ravin' Reviews

Story & Layout: Tina Nickerson

When the buzzer sounds at half time, the crowds yell for what they think is going to be a usual half-time show. But wait, who are they? It's the newly formed group, Fusion.

Fusion is a group of breakdancers, ravers, and poppers that put together routines to perform for the school.

"I love the breakdancers, they were always so much fun to watch. Sometimes I think that's the only reason why I showed up at the games," said junior **Nikki Cockerham**.

In the past years there has been a small show put together by the group here or there, but never an actual group with a sponsor. They ran into a problem when they wanted a spot in the homecoming assembly this year.

"Most of us wanted to perform during that assembly but we weren't allowed to because we weren't an actual group with an actual 'sponsor'," said junior **Chris Guhl**.

Senior **Adam Ezzio** and junior **Jason Boll**, decided to do something about it. They went to econ teacher **Samy El-Baroudi** for help.

"I decided that I would coach the team because they were a popular group with all the students," said El-Baroudi.

The group leaders held try-outs based on what each person could do. All that needed to be done was to show what moves you could do and you were in. No one got rejected. The team came together to be a group of breakdancers which dance; poppers, which do stiff body movements, like the robot; or ravers, which use glowsticks.

"Every one has their own specialty," said Ezzio. "We all come together once a week to practice and better ourselves in the areas we just suck at."

Fusion tends to be more of a male-dominated group. Only one girl tried out and two girls came in later on.

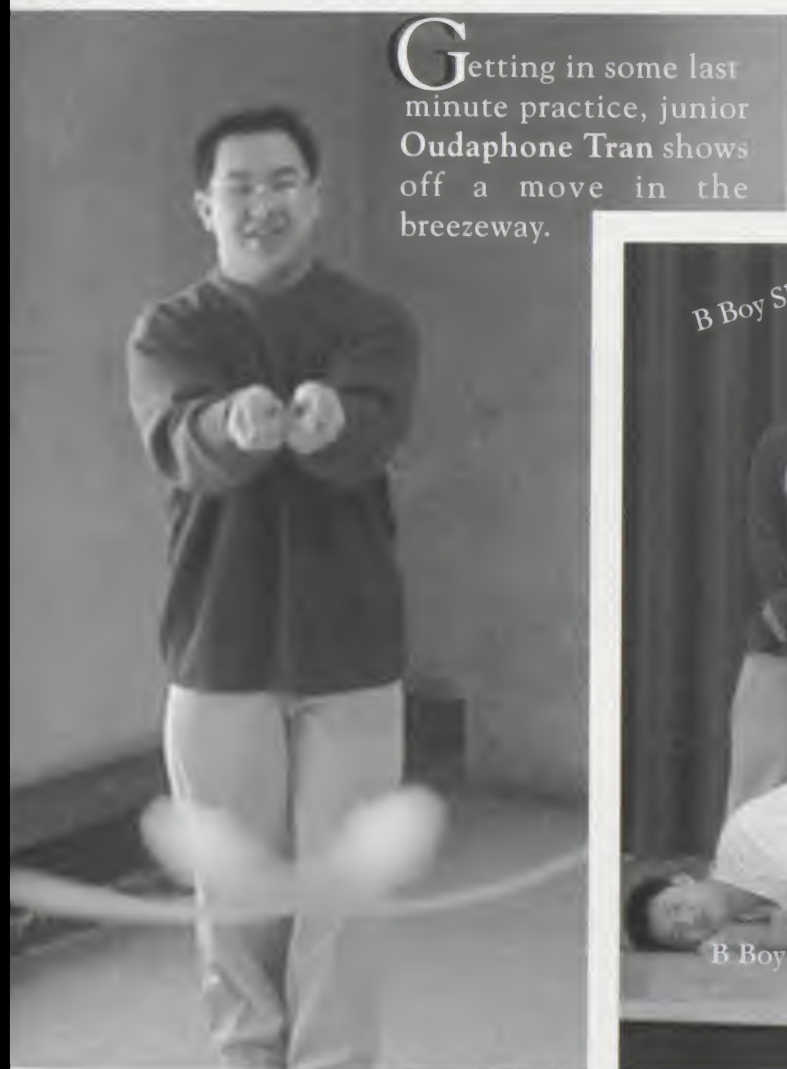
"I think girls are just scared that we will make fun of them because they can't do anything. But really it would be awesome if we had girls to learn how to break dance or rave," said junior **Alex Kitthikoune**.

So, when you see the lights start to dim during a game or an assembly, don't freak out and no it's not an accident. Remember that it's just Fusion.

"I am glad I became the sponsor of fusion, they are such a cool group to watch and I hope they keep the group going for years to come," said El-Baroudi.



Practicing a dance routine, juniors **Chris Kayser**, **Michael Mathews**, and **Alex Kitthikoune** have a little fun by adding a few new moves of their own. The dances created usually lasted about five minutes.



Getting in some last minute practice, junior **Oudaphone Tran** shows off a move in the breezeway.



Name that pose!

Popper moves:

~Robot ~Body wave
~Moon Walk ~Arm wave

Breaking moves:

~S-pose ~Air-Flare
Headspin ~Hand-glide

Rawing Moves:

~Figure 8 ~Helicopter
~Four leaf clover



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News



Feb. 1, 2003...
Minutes before landing, the Columbia Space Shuttle explodes killing all 7 crew members, including the first-ever Israeli astronaut.



Oct. 15, 2002...
Bomb explodes at a nightclub in Denpasar, Bali killing 180 people and injuring 300 more. A second bomb explodes only 100 meters from US Consular office.

Sept. 11, 2002...
"Ground Zero" a year after the 9/11 tragedy. Many Americans spent the anniversary mourning those that were lost.



Oct. 24, 2002...
John Allen Muhammad was arrested for a wave of deadly sniper attacks. The attacks took place in the Washington, D.C area where he shot innocent people from his car.



Nov. 1, 2002...
Theft charges were dropped on Paul Burrell, former butler to Princess Diana, after Queen Elizabeth II revealed she knew he took the items for safe-keeping.



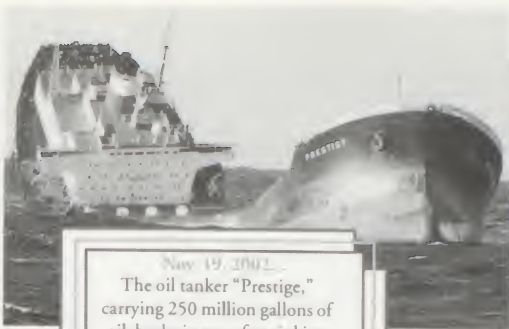
Dec. 10, 2002...
Former President Jimmy Carter receives the Nobel Peace Prize in Oslo, Norway.



Sept. 11, 2001...

Osama bin Laden is wanted for the tragic 2001 bombing of New York's Twin Towers forcing America into a worldwide struggle against terrorism.





Nov. 19, 2002...
The oil tanker "Prestige," carrying 250 million gallons of oil, broke in two after sinking into the Atlantic Ocean, threatening an environmental disaster 150 miles off the northwest coast of Spain.



Dec. 10, 2002...
After the 9/11 attack, security in airports increased. Many airports were guarded by armed National Guard members.

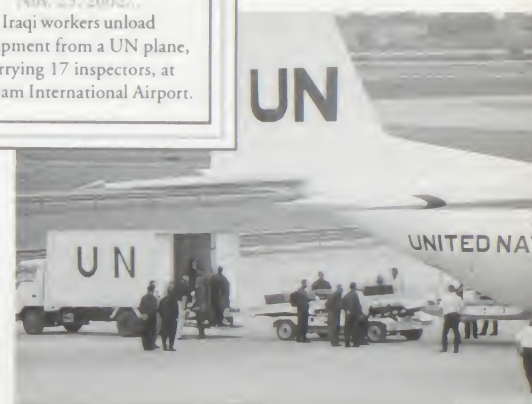


Dec. 12, 2002...
First Lady Laura Bush participates in the holiday program at Children's National Medical Center. Iran Brown, 13, was critically injured during the D.C. sniper attacks.



Dec. 6, 2002...
President Bush celebrates the 100th birthday of Sen. Strom Thurmond at the White House. Thurmond is America's first centenarian senator.

Nov. 25, 2002...
Iraqi workers unload equipment from a UN plane, carrying 17 inspectors, at Saddam International Airport.



July 28, 2002...
Miners on the surface reach out to shake hands with the fourth to be lifted from a rescue capsule. Nine miners were trapped in a 240-foot-deep water-filled shaft for 3 days in Quecreek, PA.



Nov. 7, 2002...
Soldiers from the U.S. Army stand outside an Afghan's house preparing to sweep the home. Over 14 rocket grenades, plastic explosives, and a dozen mines were found during Operation Ammo Sweep.



Sept. 12, 2002...
President Bush addresses the U.N. General Assembly, with plan of U.S. threats against Iraq at the top of his agenda. On Oct. 16 he signs a resolution authorizing the use of force against Iraq.



Nov. 18, 2002...
Vice President Dick Cheney campaigns for Republican House and Senate members. Elections resulted in Republican control in both branches of Congress.



Oct. 24, 2002...
Russian police stand armed outside main entrance of a local Moscow theater. Chechen gunmen seized the theater, holding hundreds hostage.



Feb. 20, 2003...
Members of the band Great White were on stage at The Station nightclub as a pyrotechnics display caught the ceiling on fire, in West Warwick, R.I. The blaze killed more than 97 people.





Pete Sampras holds up his trophy after winning the men's finals against Andre Agassi at the U.S. Open tennis tournament. He won in sets of 6-3, 6-4, 5-7, 6-3.



Yao Ming, 7' 5" center for China's Shanghai Sharks was selected in the first round (first overall) by the Houston Rockets in early 2002.



Justin Timberlake made a big change from boy-band Pop to happenin' Hip-hop. His much-anticipated solo album hit the stores and topped the charts in late 2002.



Pink, nominated for multiple awards, arrives for the MTV Video Music Awards at New York's Radio City Music Hall.



Sweden's garage-punk band, *The Hives*, debuted their first album, *Veni Vidi Vicious*, in early May of 2002.



Lance Armstrong celebrates his fourth consecutive victory in the Tour de France bike race in France. Armstrong defeated Joseba Beloki of Spain by 7 minutes, 17 seconds.

Top 10 of 2002

(Source: Entertainment Tonight)

1. Beck- *Sea Change*
2. Bruce Springsteen- *The Rising*
3. Coldplay- *A Rush Of Blood To The Head*
4. Dave Matthews Band- *Busted Stuff*
5. Elvis Presley- *Elvis: 30 #1 Hits*
6. Eminem- *The Eminem Show*
7. Missy Elliott- *Under Construction*
8. Nelly- *Nellyville*
9. Red Hot Chili Peppers- *By The Way*
10. Shania Twain- *Up!*



Full of attitude, sassy *Kelly Osbourne* joined the music world with her album *Shut Up*, featuring the hit re-make single "Papa Don't Preach." The album's promotional tour kicked off in late March 2003.



Shakira, winner for best music video, performs during the 3rd annual Latin Grammy Awards held Wednesday, Sept. 18, 2002 in the Hollywood district of Los Angeles.



Jason Mizell, a.k.a. *Jam Master Jay*, and member of the pioneering rap trio *Run DMC*, was shot and killed Wednesday, Oct. 30, 2002 at a recording studio in New York.



She's got it all: the moves, the voice, the look, and now Ben! *J-Lo* kept the papers busy with her new-found love and fiancé *Ben Affleck*.



Sports & Music

Destiny's Child's *Kelly Rowland* topped the charts with her solo album *Simply Deep*. Rowland's performance with boyfriend Nelly wowed the crowd at the Grammys in 2003.

No Doubt's *Gwen Stefani* gives a thumbs up after the band was awarded Best Pop Video of the Year for "Hey Baby."

Michael Jackson earned a new nickname: Jacko, for outrageous behavior and maintained a weekly spot in the tabloids. Mysterious actions included dangling his child from a hotel room to wave to his German fans.

Serena Williams holds up her winning trophy next to her sister *Venus Williams*, who holds on to the second place trophy, after finishing the women's final at the U.S. Open tennis tournament. Serena won 6-4, 6-3.

"American Idol" finalists *Justin Guarini* and *Kelly Clarkson* pose backstage during the MTV Video Music Awards at New York's Radio City Music Hall. Clarkson later became America's newest sensation by being voted the winner of the competition.

The Anaheim Angels won their first World Series title in the franchise's 42-year history. Anaheim beat San Francisco 4-1 in Game 7 to take the series.

"Anti-Britney" sk8ter-girl, *Avril Lavigne*, rocked the music world with hit single "Complicated."

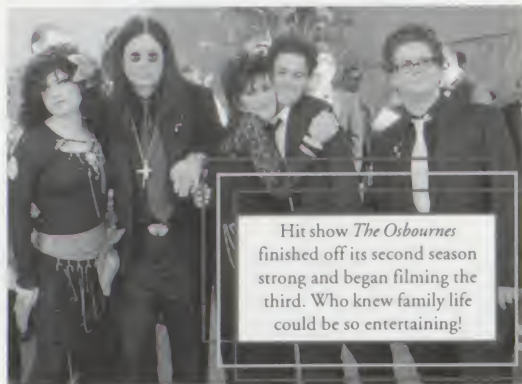
Cold Play unveiled their sophomore album in late 2002. The alternative album was a mix of up-beat and powerful tracks.

Taking a risk in 2002, *The Strokes* top the charts, offering a rock & roll antidote to the plague of boy bands, teen divas and petulant rap-rock outfits.

Movies & T.V.



The Emmy award-winning hit HBO comedy series *Sex and the City* announced its final season. Production on the sixth and final season began March 31.



Hit show *The Osbournes* finished off its second season strong and began filming the third. Who knew family life could be so entertaining!



Cinderella gets a make-over in the box office hit, *Maid in Manhattan*, starring Jennifer Lopez and Ralph Fiennes, about a maid falling in love with a wealthy successful politician.



Adding to the Bond collection, Halle Berry and Pierce Brosnan star in *Die Another Day*. The acclaimed world premiere was attended by Queen Elizabeth II.



Adding to the TV line-up, Arsenio Hall hosts the all-new *Star Search* with a new category: dance.

Arsenio Hall



Ray Romano was awarded as outstanding lead actor in a comedy series at the 54th Annual Primetime Emmy Awards at the Shrine Auditorium in Los Angeles.



Kicking off a streak of reality shows, *The Bachelor* tested the determination of women contestants, competing to marry the million-dollar man!

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Stars of the new Harry Potter film, from left to right, Emma Watson, Daniel Radcliffe and Rupert Grint, arrive for the U.S. premiere of their movie, *Harry Potter and the Chamber of Secrets*.



About Schmidt, starring Jack Nicholson and Kathy Bates, was released in early 2003. Nicholson earned an Oscar for best Actor.



The movie *Gangs of New York* was a historical drama about the events leading up to the 1863 draft riots. The film was labeled one of the best from 2002.

Jennifer Aniston wins for best actress in a sitcom (*Friends*). After a long debate the show's cast decided to continue another season, making it a string of nine.



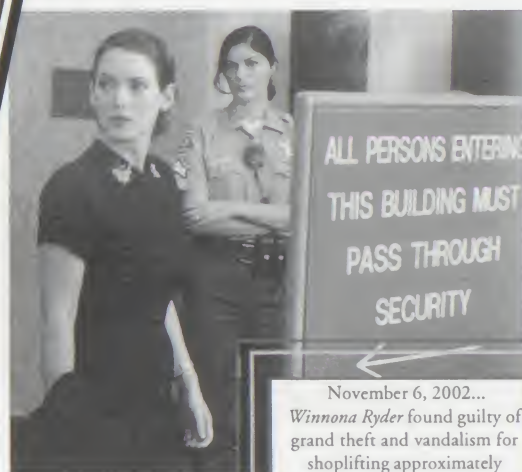
The reality show *Joe Millionaire* tested true love. Contestants competed to marry supposed millionaire Evan Marriott, who was actually an ordinary construction worker.



Top 10 of 2002

(Source: InfoPlease.com)

1. Rabbit-Proof Fence
2. Bowling for Columbine
3. The Pianist
4. Gangs of New York
5. Spider-Man
6. We Were Soldiers
7. Chicago
8. About Schmidt
9. Star Wars Episode II: Attack of the Clones
10. Minority Report



November 6, 2002... Winona Ryder found guilty of grand theft and vandalism for shoplifting approximately \$5500 of merchandise from a Saks Fifth Avenue store in Beverly Hills.

Taking a stab at the big screen, *Eminem* stars in *8-mile*, the hit movie about a white rapper stopping at nothing to reach his dreams.



Vin Diesel, playing a hot rod prankster, stars in *XXX*. This bad boy earns a job as an undercover agent, after his killer pranks are seen on tape.



Marking the 40th anniversary of the comic book debut, *Tobey MacGuire* stars as Marvel Comic's Spiderman. After being bitten by a mutant spider, shy high school student Peter Parker acquires special spider-like superpowers.



Highly acclaimed musical *Chicago* is packed with big names and good entertainment. The hit movie earned several Oscar and Screen Guild award nominations.

After getting her heart broken on hit show *The Bachelor*, Trista Rehn stars in her own show, the *Bachelorette*. Her challenge was to pare 25 gorgeous men down to only one.





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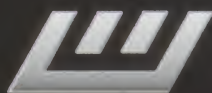
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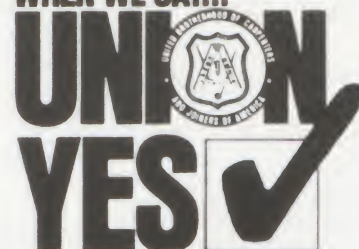
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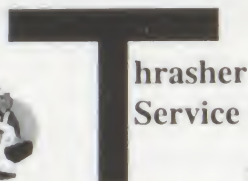
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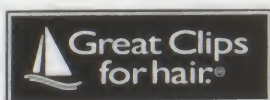


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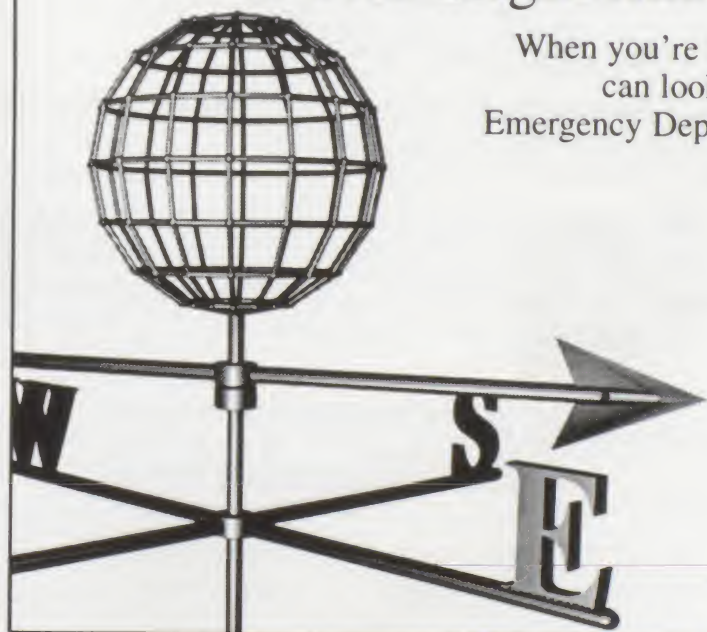
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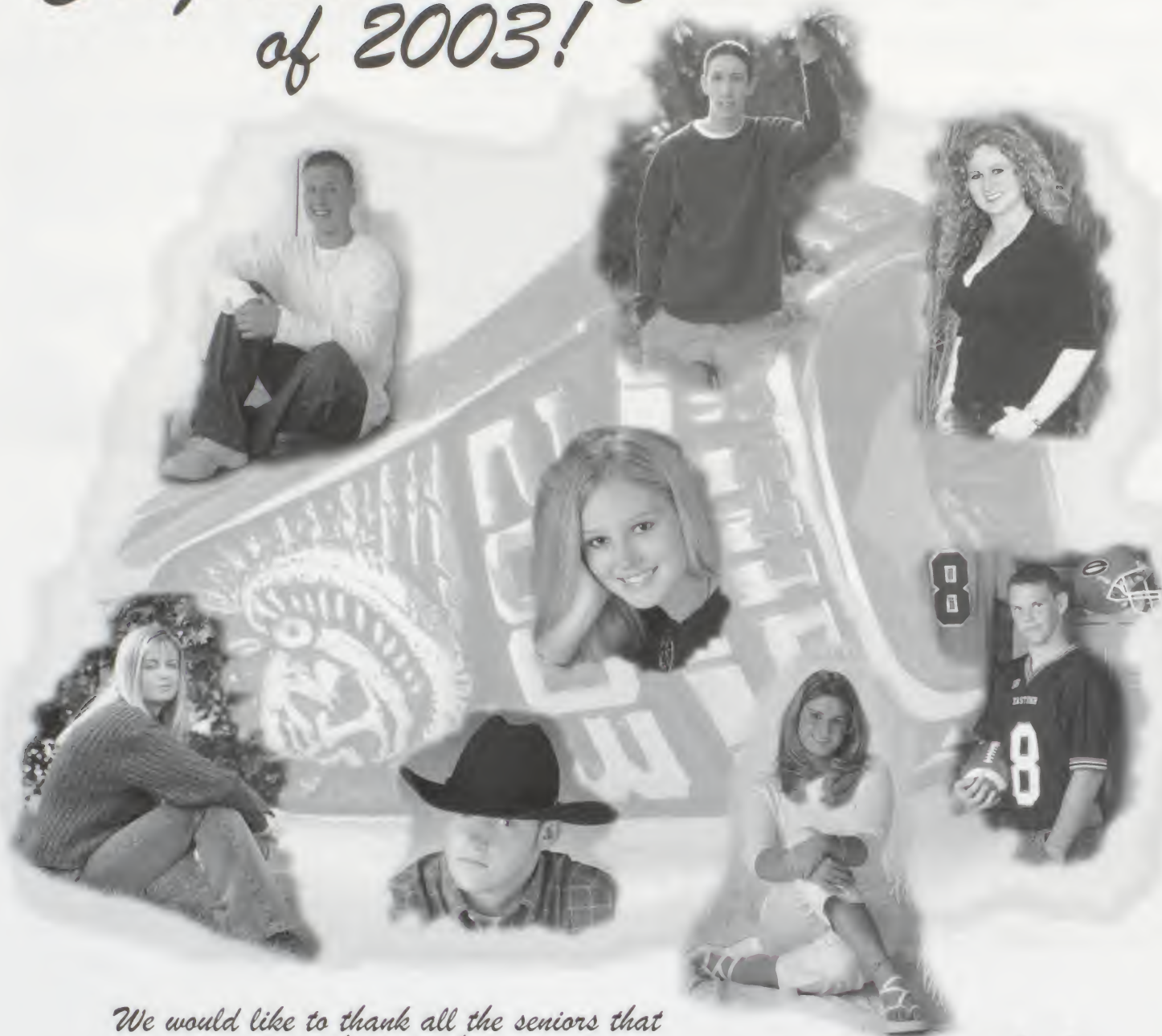


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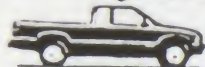
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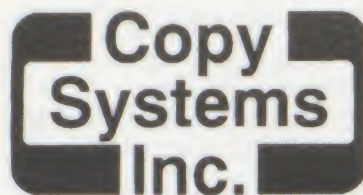
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Shannon!



Love,

Mom, Dad,
Nana, Pete & Chanel



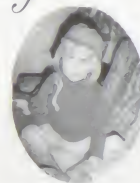
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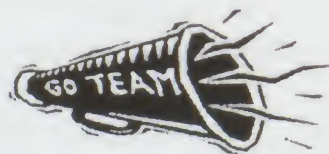
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Congratulations Emily & Val



Emily~

Congratulations on your graduation and what you have accomplished. We wish you continued success in your future. We are so proud of you!

We love you,
Mom, Dad, Eric, & Sampson

From our pretty baby girl...
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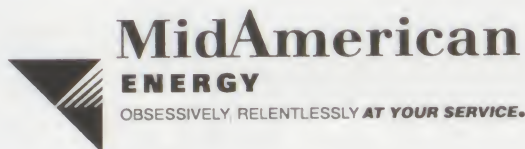
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Row 1: Gina Hughes, Kellie McFadden, Aldijana Delic, Julia Phillips, Heather Noel
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Thanks...

...to the Principals, Vice Principals, Parents, Colleagues, and the Des Moines Independent Community School District for allowing me to teach in your classrooms for 33 years and especially for the 24 years that I have taught at East High School.

...for the opportunity that I, too, could share in the PRIDE of EHS

...for the trust and confidence placed in me to present the skills of Marketing to the students of EHS and for the open communication between the Sales class and the business community

...for the support and cooperation from the business community in helping to develop Selling Skills in Marketing students as they presented the opportunity for businesses to annually place their names in the Ad Section of the Yearbook

...for all the memorable experiences. My life has been enriched.

Nancy Hansen, Instructor
Marketing, Desktop Publishing



Congratulations, Payton Jo!



"Child of God, fear not the unknown morrow...
He knows the way your willing feet must trod,
So look to him each day for strength and wisdom,
While resting in the guiding hand of God." (M. Hull 1985)

We are so proud of you and love you so very much!
Always and Forever - We'll be there for you...
Mom, Dad, Arielle, Jordan, Grandma P., Grandma & Poppa



Front Row: Linda Keo, Angel Chantavisouk, Tina Huang Van. Row 2: Christy Lem, Molly Heggen, Heather Hill. Row 3: Cassandra Killinger, Joe Russell, Amy Kern. Back Row: Sponsor Mary Jane Kaldenberg.



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Row-1: Erendira Muniz, Delora White, Emily Brandt, Megan Logan, Ao Vang, Secretary Valerie Blackford.
 Row-2: Kellie McFadden, Stacy Knight, Jeremiah Vincent, Shannon Michelsen, Amanda Ulmer, Brandy Budd, Ross Loving, Stephanie Cozad, Molly Fredericksen, Ashley Tappan, Amanda Armintrout.
 Row-3: Stephanie Carter, Allison Summy, Payton Petrie, Stac'y Johnson, Scott Phaydavong, Mike Williams, Heather Kilby, Tela Robinson, Treasurer Ben Tharp.
 Row-4: Tarry Heckathorn, Neil Hall, Mike Chumbley, Jeff Zelenovich, Garrett Hagins, President Gabe Hibben, Andrew Olson, Holly Hedberg, Scott Flaherty, Danny Lint, Vice-President Alex Ung.

"These seniors were great representatives of East High and I wish them well in years to come. Congratulations!"

-Senior advisor
Gary Rourke

Senior Board Officers:
 Treasurer Ben Tharp,
 Secretary Valerie Blackford,
 President Gabe Hibben, and
 Vice-President Alex Ung.



East High School Senior Board

EHS Theatre Arts Class

says...
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Row 1: Amanda Logan, Veronica Reed, Sam Winebrenner. Row 2: Tyler Hall, Mike Markley, Dan Fisher, Elizabeth Briley, Hazel Grace, Matt Lewis, Tina Nickerson, Adam Ezzio, Skyler Grenel, Tina Anderson, Ashley Baccam, David McFarland, Melinda Lansing. Row 3: Mark Rothweiler, Charlie Reese, Taryn Brumm, Carissa Hibben, Nora Minasyan, Carrie Noble.



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Row 3: Mark Brown, Jeremy Miller, Mike Williams

Not pictured: Mike Mendenhall

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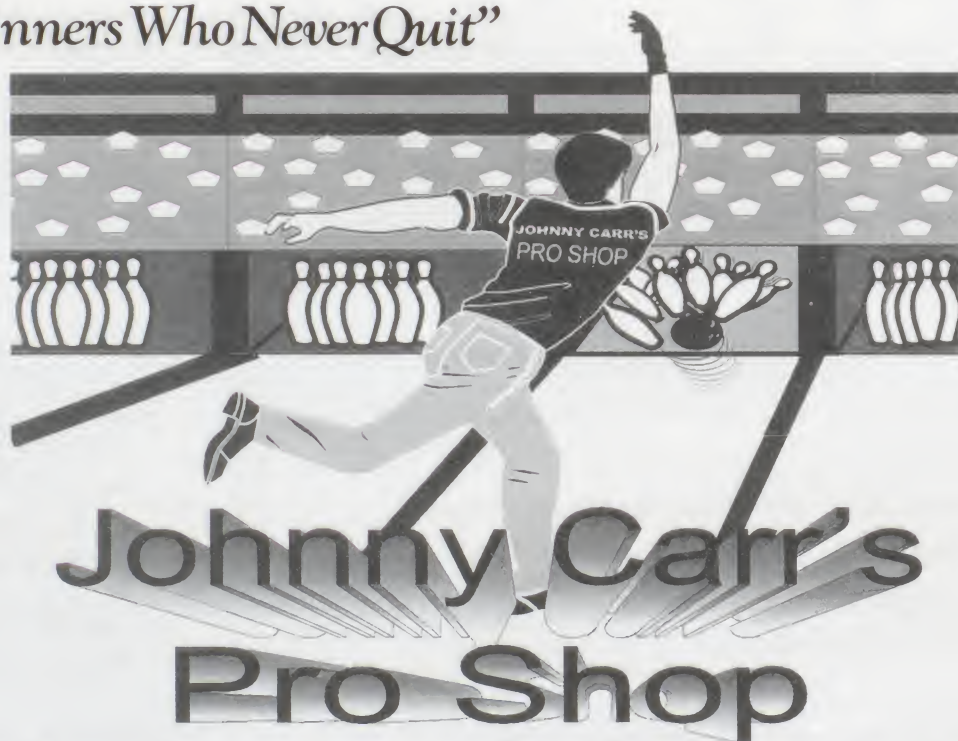
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—Don't Quit—

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And the road you are trudging seems all up hill.
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
when care is pressing you down a bit,
Rest, if you must—but **don't you quit.***

*Life is odd with its twists and turns,
As every one of us sometimes learns.
And many a failure turns about,
When he might have won had he stuck it out.
Don't give up when the pace seems slow—
You might succeed with another blow.*

*Often the goal is nearer than
It seems to a faint and faltering man.
Often the struggler has given up,
When he might have captured the victor's cup.
And he learned too late, when the night slipped down,
How close he was to the winner's crown.*

*Success is failure turned inside out;
The silver tint of the clouds of doubt;
And you never can tell how close you are.
It may be near when it seems so far.
So stick to the fight when you're hardest hit.
It's when things seems worst that **you must not quit!***

By— Edgar Guest



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Eph. 5:1&2



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 to your future.*

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 Mom, Grandpa, Great-Aunt
 Marjorie, Uncle Don and Kim.*



*Congratulations,
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*We are so proud of you and your accomplishments!
 Remember to keep your eyes on the Lord, and He will
 bless your every step! We love you!
 (Jer. 29:11)*



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Congratulations, Brandy Budd



It seems like only yesterday that I was taking you to pre-school and holding my car keys in my hand just waiting for time to go to and pick up you and Brooke. These years have gone past with many memories.

I have watched you from a baby in my arms until

now, and I am very proud of how you have handled each and every "up and down" that came into your life.

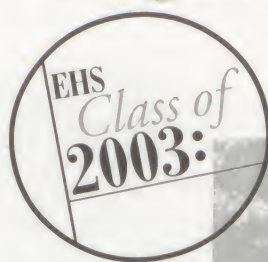
Every moment of every day, I think about how lucky I am to have you for my daughter and for the person that you have blossomed into. A person who can be anything that she wants to be as long as you keep growing and reaching for the stars. Let nothing ever get in the way of accomplishing your goals.

And... always, always remember that I Love You and that nothing in this world will ever change how much I Love You. Congratulations on your graduation. Remember these years fondly.

*I Love You,
Mom*



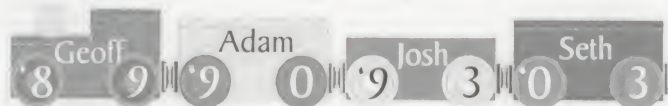
Congratulations, Seth!



"God made you special 'Caboose,' you're the only one of a kind..." He is pleased, and so are we.

*Love you,
Dad & Mom*

-The Conns-



Congratulations, Heather Kilby!

My Dear Heth-

I am so proud to have a daughter like you. You are my special angel. You are my sunshine and you can always brighten my day. You are always quick to make others laugh, even if they are having a bad day. Your determination to achieve will guide you each day. You will do well in college because you have that extra drive and confidence to succeed. You have so many strengths and you are an intelligent and responsible young woman. I am so proud to be your mother.

*We Love You,
Mom Hannah*



Congratulations, Stephanie Cozad!

Steph-

Wow! We can't believe you are graduating already. It seems like only yesterday you started kindergarten. Where has all the time gone? You have been through a lot in your 18 years and have shown how you can make the best out of a bad situation. You have grown to be quite a remarkable young woman. Your dad and I are very proud of all of your accomplishments, not only with your grades, but with softball as well. I will never forget the look on your face the day you came home to tell me that you had made the Varsity softball team as an incoming freshman! We were so PROUD of you. You are now going to play college softball at Grandview and become a doctor, a dream you have had since you were very little. You

will make lots of mistakes, be sure and learn from them, keep your goals high and achieve doing the best you can. Your dad and I wish you the best in your new adventures and hope that you make the right choices as situations come your way. We will always be there for you and support you in whatever you choose in life. Your Grandpa Smith would have been Proud.

Love Mom & Dad

*Always follow your dreams and believe in yourself,
For someone as special and gifted as you has the ability to create
A world of beautiful tomorrows.*



EHS SCARLET DANCE SQUAD

CONGRATULATES THE SENIOR CLASS OF 2003



Front Row: Ricardo Fierro, Chelsey Wood, Kizzie Strother, Nikita Person, Tina Turner, Erica Carter, Sharmaine Lee, Nolan Walker.

Back Row: Estella Garcia, Lysette Lopez, Shi Randy Scott, Stephanie Smith, Tiffanie Brown, Mariesha Thomas, Jeff Garland, Sponsor Fran Deaton.

Not Pictured: Willie Guy (Good Luck!).



Photos provided by Photo Department



As the Shades Fade

Story & Design By: Gina Hughes

As you leave Scarlet Country, take a minute to flip back and reflect on what contributed to the successful school year. Many of us left our mark not only in the state but also in the world. With so many accomplishments, it's hard not to have pride in being a Scarlet.

Inside this book you found students that were diverse, ambitious, unique, talented and recognized for what they did every day as individuals. Every time they picked up a mic, got the grade, scored a point, won a debate, or performed a routine, the eastside community was there and honored their achievements.

Thank you, East High. You set the tone, whether it was with involvement or support. Together, we proved that it is not the mascot that determines a school's status, but the people behind it that lead the way and make the difference.

So the next time you walk down the hall, go to a game, look at a report card, or learn from a teacher, just remember the multitude of shadings that make up your complex Scarlet experience.

Fading to an END

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The Herff Jones yearbook plant in Mission, Kansas produced 950 copies of the 2003 *Quill*.

Thirty-six staff members put together the 336-page spring-delivery book on 80lb. Calais paper.

The laminated lithograph cover with a matte finish is printed with four-color process soy ink. Endsheets are printed with black ink on white Vibracolor paper stock. The 8.5" x 11" book is printed with offset lithography and is Smyth-sewn, rounded and backed.

The majority of the copy throughout the book is 10-point AGaramond.

All pages were submitted on Zip cartridges using 17 Dell PC computers and the applications Microsoft Word and Adobe's Photoshop, Illustrator and PageMaker.

Most of the book was produced digitally, though some ads and backgrounds for some of the pages were submitted as camera-ready art.

Books were sold from September through November for \$40. The 2003 *Quill* was completed on March 1. The Herff Jones representative was Chris Heikes.



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